



SMART Goal Setting

- S** = specific
- M** = measureable
- A** = achievable
- R** = relevant
- T** = timely

We all have goals; from our biggest dreams and aspirations, to simply wanting to have a happy day. A goal is a desired outcome and the strategy is a planned effort to get there. Such as, I put in the effort to get out of bed each morning with the desired outcome of satisfying my appetite for breakfast. Or, I put in the hours and money of schooling to graduate and have the knowledge necessary for a fulfilling career.

We do not put a label of “Goal” to every desired outcome or “Strategy” for every effort we make, but there are times when doing so is helpful.

Setting a specific, measureable, achievable, relevant, and timely strategy to your goal increases the likelihood that you have the best path to successfully meet your goal.

SMART Strategy

The first step is to have a goal, something you want and are passionate about. Only then will a **SMART** strategy be affective.

GOAL= _____

Specific

What, when, where, why, how, and with whom? Give as many details as possible!

Measureable

How will you know when you have achieved your goal?

Achievable

Is your goal realistic? Do you currently have the time, money, skills, etc. necessary to accomplish it? What might be barriers to accomplishing your goal that are outside of your control?

Relevant

Is your goal really something you want or that you think that you want? Weight out the pros and cons: How will you benefit or what may be the downfalls from this goal now and in the future?

Timely

Set a deadline. When can you reasonably expect to meet this goal? Are there smaller goals and deadlines that need to be accomplished along the way before you can meet the larger goal?

I encourage you to answer these **SMART** questions the next time you have a significant goal in mind that you want to ensure follow-through!

**For extra accountability and encouragement, please feel free to send your SMART goal(s) to
Juli Huddleston, Juli.Huddleston@medcor.com**

To request this information in an alternate format, please call (541) 617-4747 or send email to accessibility@deschutes.org.

Eligibility to Use the DOC: Anyone enrolled in the County Employee Benefits Plan, including employees (and their dependents) of Deschutes County or COIC, retirees, and people enrolled in COBRA coverage may use the DOC. The clinic practitioners will see adults and children ages two years and older.

