

**SMART GOAL EXAMPLE SHEET**  
**Specific – Measurable – Attainable – Realistic – Time Bound**

**Example 1:**

I will go to college as a first step toward starting my career goals.

**Written as a SMART Goal:**

I am researching colleges and will apply to at least three that I want to attend by Feb. 1, 20\_\_\_\_,

And I will attend one of the colleges that accepts me in August of 20\_\_\_\_, working toward a degree that matches my career interests.

Is it specific? What is the goal? \_\_\_\_\_

Is it measurable? Yes/No

Is it achievable? Yes/No

Is it realistic? Yes/No

Is it time bound? Yes/No

**Example 2:**

I want to make a lot of money from my market animal project?

**Written as a SMART Goal:**

I am covering the cost of raising my market animal project and will earn a profit of \$500 by selling it at the county fair this summer.

Is it specific? What is the goal? \_\_\_\_\_

Is it measurable? Yes/No

Is it achievable? Yes/No

Is it realistic? Yes/No

Is it time bound? Yes/No

| <b>SMART Goals Guide</b> |   |
|--------------------------|---|
| <b>Specific</b>          | What exactly need to be accomplished?<br>Where will this take place?<br>Who else is involved?   |
| <b>Measurable</b>        | How will I know I've succeeded?<br>How much changes needs to occur?<br>How many accomplishments or actions will I take?   |
| <b>Attainable</b>        | Do I have, or can I get the resources needed to achieve the goal?<br>Is the goal a reasonable stretch for me? (neither out of reach or too easy)<br>Are the actions I plan to take likely to bring success?                                 |
| <b>Realistic</b>         | Is this a worthwhile goal for me right now?<br>Is it meaningful to me – or just something others think I should do?<br>Would it delay or prevent me from achieving a more important goal?<br>Am I willing to commit to achieving this goal? |
| <b>Time- Bound</b>       | What is the deadline for reaching the goal?<br>When do I need to take action?<br>What can I do today?   |

Animal Quality Assurance SMART GOALS –  
Yellowstone County

NAME:

DATE:

|                               |   |
|-------------------------------|---|
| <b>Specific</b>               | 1. What I want to achieve with my 4-H Animal:   |
| <b>Measurable</b>             | 2. Here is/are my main measure/measures for this achievement. (What I will see, hear or feel when I have achieved the above.) |
| <b>Attainable</b>             | 3. Is what you want attainable? (Is it within <u>your</u> control to achieve it?)   |
| <b>Realistic</b>              | 4. Is it realistic for you to achieve it?   |
| <b>Time Bound</b>             | 5. Is there a reasonable time frame in which you will accomplish your goal?<br>(What is the time line?)                       |
| <b>Steps to Reach My Goal</b> |   |
| <b>Resources/Help Needed</b>  |   |