



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Is Your Goal SMART?



It is important that goals are SMART. No, not like intelligent, but that they are specific, measurable, achievable, relevant, and time bound. A goal that doesn't include these 5 components may be challenging to accomplish.

Below is an example of a brainstorming process to create a well formulated SMART Goal.

Goal: I will enroll in an animal project.

- S= Specific (What, why, who, where and which)
 - What do you want to accomplish, why is it important to you, who else is involved, where is it located, and which resources are available to help you succeed?
 - » Is this goal specific: No, it does not explain what type of animal project, why and resources to help me succeed.

S Goal: I will enroll in the sheep project because I want to learn about raising livestock and a local breeder has agreed to help me with selecting and raising my project.

- M= Measurable
 - How much, how many, and how will you know when you have accomplished this goal?
 - » Is this goal measurable: No, as there isn't a specific number of sheep projects identified.

SM Goal: I will enroll in the sheep project and exhibit 2 sheep at my county fair because I want to learn about raising livestock. A local breeder has agreed to help me with selecting and raising my project.

- A= Achievable
 - How can I accomplish this goal, how realistic is my goal?
 - » Is this goal achievable: Yes, it appears that I have the knowledge base to help me in successfully raising my sheep. A way to strengthen this goal from an achievable perspective would be to discuss who else is going to help me accomplish my goal.

SMA Goal: I will enroll in the sheep project and exhibit 2 sheep at my county fair because I want to learn about raising livestock. A local breeder has agreed to help me with selecting and raising my project. My friend Elsa has offered to help me learn how to show my sheep and my parents have agreed to assist me in the day-to-day care of my animals. I will house the sheep at my grandparent's house just down the street from my house so they will be easy to access.

- R= Relevant
 - Is it worthwhile, is now the right time, does it match your other needs and efforts? Does this goal align with what you feel is important about 4-H?
 - » Is this goal relevant: Yes, this goal is relevant to your success in 4-H. It helps to enhance your learning and opens doors for more experiences.

SMART Goal: I will enroll in the sheep project and exhibit 2 sheep at my county fair because I want to learn about raising livestock. A local breeder has agreed to help me with selecting and raising my project. My friend Elsa has offered to help me learn how to show

my sheep and my parents have agreed to assist me in the day-to-day care of my animals. I will house the sheep at my grandparent's house just down the street from my house so they will be easy to access.

- T= Time-Bound
 - When, what can you do for the goal now, or six months from now, what can you accomplish today to reach your goal.
 - » Is this goal time bound: Yes, this goal is time bound. By saying “at my county fair” you are setting a specific milestone. I could make this even more specific by putting the date of completion.

SMART Goal: I will enroll in the sheep project and exhibit 2 sheep at my county fair on August 6-10, 2023, because I want to learn about raising livestock. A local breeder has agreed to help me with selecting and raising my project. My friend Elsa has offered to help me learn how to show my sheep and my parents have agreed to assist me in the day-to-day care of my animals. I will house the sheep at my grandparent's house just down the street from my house so they will be easy to access.



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SMART Goal



Initial Goal	Write your goal here.
S Specific	Your goal should be well defined, detailed and clear.
M Measurable	Is your goal measurable? You should be able to tell when you reach your goal.
A Achievable	Can you reach the goal, taking into account your available time, skills and financial status?
R Realistic	Is your goal realistically achievable within the given time frame and with the available resources?
T Timely	Set a start and finish date for your goal. Start Date: _____ Finish Date _____
SMART Goal	Revise your goal based on the answers to the questions above.

Action Plan

What steps do you need to take to get you to your goal?

Action Items	Expected Completion Date	Actual Completion Date

Potential Obstacles and Solutions

Potential Obstacles	Potential Solutions

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