



iCSEGF Mentorship 2013
SMART Goal Worksheet

	What is your SMART Goal?	
--	--------------------------	--

	Specific	What exactly will you accomplish? Refine that thought. Can you summarize a bottom line?
--	-----------------	---

	Measurable	How will you know when you've reached your goal? Is there a way to quantify your success?
--	-------------------	---

	Attainable	What support do you need to attain this goal? What could prevent you from attaining it? How will you overcome those challenges?
--	-------------------	---

	Relevant	Why is this goal important to you? How is it going to impact your life?
--	-----------------	---

	Time-Bound	When will you reach this goal? Are there smaller targets within this goal that can be used as 'checkpoints' along the way? When accomplished, how will you celebrate your success?
--	-------------------	--

Mentor Signature: _____ Date: _____

Mentee Signature: _____ Date: _____

ⁱ Set as many goals as you like using this template as a guide. Track your success over the course of the mentorship year.