

## **Smart Goals Worksheet**

### **APSU Writing Center Handout**

**Specific: Who, What, When, Where, Which, Why**

**Measurable: How Much, How Many, How Fast**

**Attainable: What is possible to accomplish**

**Relevant: Does it fit with the long-term goals and values.**

**Time-Bound: When do you want to achieve this by?**