

SMART Goals for Social Workers

Name:

Occupation:

Date:

Specific

What is your goal? How will you achieve this goal? Who is responsible?

Measurable

What resources will be used to measure the success or failure of your goal? Can you measure your goal quantitatively?

Achievable

Have other people achieved this goal before? What do you need to achieve your goal?

Relevant

How is this goal beneficial for your practice? What do you think the priority level of your goal is in your practice?

Time-bound

Are you giving yourself a deadline to complete your goal? What is your deadline? Why did you give yourself that long?