Exercise: Goal Setting Worksheet

Draft a goal for your project. Use the SMART formula.

Self-rating.

Is the goal …?

Specific	Measureable	Attainable	Relevant	Time-Bound
☐	☐	☐	☐	☐

Peer Rating

Rate the goal on how well it meets the SMART criteria. Is the goal …?

	Not At All	Slightly	Somewhat	Absolutely
Specific	☐	☐	☐	☐
Measurable	☐	☐	☐	☐
Attainable	☐	☐	☐	☐
Relevant	☐	☐	☐	☐
Time-Bound	☐	☐	☐	☐

Discuss your feedback with your partner.