

**S.M.A.R.T. Goal Questionnaire**  
**LONG TERM (2 - 4 YEARS)**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ ADVISOR INITIALS: \_\_\_\_\_

**1. Specific.** What do you want to accomplish? Is it well-defined and is the outcome clear?

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**2. Measurable.** How will you measure whether or not the goal has been reached (list at least two ways)?

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**3. Achievable.** Is it possible? Have others done it successfully? Do you have the necessary knowledge, skills, abilities, and resources to accomplish the goal? Will meeting the goal challenge you without defeating you?

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**4. Relevant.** What is the reason, purpose, or benefit of accomplishing the goal? What is the result (not activities leading up to the result) of the goal?

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**5. Timely.** What is the completion date and does that completion date create a practical sense of urgency?

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