**Goal Setting Checklist**

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| **Does your goal address the following:**  | **Checkmark** |
| Is your goal clear and specific in terms of WHAT will be accomplished (not what is desired)?  |  |
| Does your goal clearly outline HOW your goal will be achieved? |  |
| Does your goal clearly state WHY this goal is important? What is the reason, purpose or benefit of accomplishing this goal? |  |
| Is it clear how you will know when the goal is achieved? What will you see when the goal is a reality? How will you measure success? |  |
| Is this goal attainable? Do you have necessary supports to achieve the goal? |  |
| Is a clear time frame set out for the goal? |  |
| Does the goal reflect a new initiative or build on existing initiatives in significant ways? |  |
| Is this goal relational in that it includes and supports all or most (residents, family members, team members) in the community/organisation?  |  |
| Can you get behind this goal – does it excite you/challenge you in a good way? |  |