

# SMART GOALS

**S**

## **Be Specific**

- Define your goals with clear language to your mentor.
- How can your mentor help?

**M**

## **Measurable**

- Are you able to track your progress?
- How will you know when you reach your goals?

**A**

## **Achievable**

- Are your goals within reach and above standard performance?
- Can your goals be met within the connection period?

**R**

## **Relevant**

- Are your goals relevant to the SPE eMentoring Program?
- Do your goals fall within the terms of the eMentoring Program?

**T**

## **Time-based**

- What is your time limit for attaining your goals?
- Create the month/day/year you will complete your goals.