

SMART Goals

What is a SMART goal?

- SMART goals are goals that are set with intention. They are clear and reachable, and should follow the below format:
 - **S**pecific – What do you want to accomplish? Why is this goal important? Who is involved? Where will you do it? Which resources or limits are involved?
 - **M**easurable – How much impact will you make? How many people/things will you impact? How will you know when it is accomplished?
 - **A**chievable – How can you accomplish this goal? How realistic is the goal based on potential limits (time, funds, etc.)?
 - **R**elevant – Does this seem worthwhile? Is this the right time to achieve the goal? Does this match existing efforts/needs? Are you the right person to reach this goal?
 - **T**ime bound – When will you achieve this goal? What is your timeline like?

Setting goals this way will provide focus and help keep you motivated to achieve your goals. When thinking about your goals, think about what you want your leadership legacy in your area to be.

- Do you want to grow and enhance your state/region's board?
- Do you want to fundraise a certain amount of money?
- Do you want to open new school-based chapters in your area?
- Are you interested in bringing a new Best Buddies program to your community?

Think through your vision of Best Buddies and what you want it to be, and set some goals to lead you in that direction!

Once you set your SMART goals with the accompanying sheet, take a photo and text it to a program staff member in your area so they can help keep you accountable.