

# Write a smart learning goal using **SMART** Principles



## *Specific*

Not too broad- able to be clearly defined. The goal is clearly written using simple language.



## *Measurable*

You have thought about what activities you can do to meet this goal. You should be able to measure how you will know that you have achieved this goal.



## *Attainable/Achievable*

Is the goal reasonable enough to be accomplished? How so?  
Make sure the goal is not out of reach.



## *Relevant*

Is the goal relevant to your practice and will it meet your needs?  
Do your goals fit your immediate and long term plans?



## *Timely*

Your goals should be achievable in a given time frame appropriate to your needs. Generally goals should be set over a 12 month timeframe to ensure goals are not too large.

**Example**: By the end of the year I would like to be confident in providing advice to at least 3 clients about carbohydrate counting. I will increase my knowledge and skill in providing advice by attending a webinar on carbohydrate counting, reading at least one article on carbohydrate counting and by attending at least one clinic with the dietitian.