

S.M.A.R.T Goal Template

Name: _____

Date: _____

Reason goal is important to me: _____

Step	Concept	Description
1	<p><u>S</u>pecific What do you want to achieve as an official? A good statement explains the what, why who, where, when and what of a goal. If you are vague you will find it hard to achieve it because there is no clear definition of success.</p>	
2	<p><u>M</u>easurable Tracking progress is essential to determine if you are on target to achieving your goal. A good statement answers the question how or how much. How will I know when I have achieved my goal?</p>	
3	<p><u>A</u>greed Your goal must be relevant to your association or the game. Use officials that are at a stage in their career that you can base your goal on. This is a great way to engage a mentor in helping you reach your goal.</p>	
4	<p><u>R</u>ealistic Your goal has to stretch your current abilities otherwise you won't be sufficiently challenged. Ensure that by achieving this goal you will have changed something about your on-field performance for the better.</p>	
5	<p><u>T</u>ime-Bound Goals need time limits. Otherwise you can always put them off to the side or worry about something else. With a deadline you establish when you will have achieved the goal. Don't worry; you can always modify the deadline if appropriate.</p>	