Career Goal Setting Worksheet

It’s important to develop **SMART** Goals.

Those are goals that are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, **T**imely

|  |  |  |  |
| --- | --- | --- | --- |
| **My Long-Term Career Goal** |  | | |
| **My Short-Term Goals to Achieve My Long-Term Goal** |  | | |
|  | Action Steps | | Time Line |
| Remember to break these goals into doable steps. Make sure you consider the **SMART** goal criteria:  **S**pecific  **M**easurable  **A**ttainable  **R**ealistic  **T**imely | 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| Support Network |  | | |
| Barriers |  | | |