

Smart Goals Assessment

Please choose your answer by adding an x in the true or false space

1. Smart goal setting is no different than conventional goal setting

- a. _____ True
- b. _____ False

2. Smart goal setting has 3 components

- a. _____ True
- b. _____ False

3. When you set smart goals everything else works out on its own

- a. _____ True
- b. _____ False

4. People who set smart goals can never fail

- a. _____ True
- b. _____ False

5. The advantage of smart goals is that they can be measured.

- a. _____ True
- b. _____ False

6. Smart goals are trackable.

- a. _____ True
- b. _____ False

7. Smart goals are not specific

- a. _____ True
- b. _____ False

8. All smart goals are realistic

- a. _____ True
- b. _____ False

9. All successful people use smart goals

- a. _____ True
- b. _____ False

10. Smart goals require a lot of thinking and planning

- a. _____ True
- b. _____ False