



# EMPath

Economic Mobility Pathways

## Developing a SMART Mobility Goal Worksheet

### Remember that the best goals meet the “SMART” criteria:

**Specific:** The goal is clear enough that you know what you are working toward, and whether or not you have accomplished it.

- “Go to college” would not be a specific goal, but “Enroll in Bunker Hill Community College to study Culinary Arts” would be.)

**Measureable:** There is a clear way to tell whether the goal has been accomplished.

- “Get good grades” would not be measureable goal, because everyone has a different idea of what “good grades” means. “Earn at least a B in each of my classes” would be a measureable goal.

**Attainable:** The goal can realistically be completed, given the current situation and the work needed to attain the goal.

- “Earn \$85,000 per year by the end of 2016” is not an attainable goal for someone who doesn’t have a high school diploma.

**Relevant:** The goal must be related to progressing economically and must be personally relevant to you.

- “Visit Disneyworld” would not be a relevant goal, but “Save enough money for a family vacation to Disneyworld” would be.

**Time-Limited:** The goal must include a time when it will be achieved.

- “Earn my Associate’s Degree” would not be time-limited, but “Earn my Associate’s Degree by May 2014” would be.

### My Mobility Goal is:

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Check the goal against the SMART criteria:

- S**pecific
- M**easureable
- A**ttainable
- R**elevant
- T**ime-Limited

*You may need to re-work your goal a few times to make sure that it is really a SMART goal.*