



SMARTER GOALS

Review Sheet

Name	
Goal/Objective aimed for	

Step	Concept	Description
1	<p><u>S</u>pecific Exactly what is it you want to achieve? A good goal statement explains the what, why, who where and when of a goal.- Do you know EXACTLY what needs to be done and why your doing it? If your goal statement (outcome) is vague, you will find it hard to achieve because it will be difficult to define success.</p>	
2	<p><u>M</u>easurable You must be able to track progress and measure the result of your goal. A good goal statement answers the question, how much or how many or how they will look or behave? How will I know when I have achieved my goal? Comparison?</p>	
3	<p><u>A</u>chievable? Your goal must be relevant to the child and family and agreed with them. Examples of people to agree your goal with are your line manager, child, family and professionals in your multi agency plan. Can they physically financially and emotionally able to achieve what you are asking of them? Do you need to do one thing before something else can be achieved?</p>	
4	<p><u>R</u>ealistic Your goal should be stretching, but realistic and relevant to what you want to achieve. Make sure the actions you need to take to achieve your goal are things within control. Is it depending on something that you cant influence? What about peoples diaries, does this allow for this level of work/input?</p>	

<p>5</p>	<p><u>T</u>imely Goals must have a deadline. A good goal statement will answer the question, when will I achieve my goal? Without time limits, it's easy to put goals off and leave them to dwindle. As well as a deadline, it's a good idea to set some short-term milestones/reviews along the way to help you measure progress so put a deadline (date or day or week after last multiagency meeting) use numbers to help this be clear for outcomes being achieved</p>	
<p>6</p>	<p><u>E</u>thical Goals must sit comfortably within your moral compass. Most people resist acting unethically. Set goals that meet a high ethical standard – does research suggest your approach is the best approach to take?</p>	
<p>7</p>	<p><u>R</u>ecorded Always write down your goal before you start working towards it. Written goals are visible and have a greater chance of success Goals need to be succinct and clear to understand – the end of the journey. The recording is necessary for the planning, monitoring and reviewing of progress. Clearly understood? Not using procedural words or acronyms? Written in a child focused way not about the parents? The child's name is used?</p>	