

Smart Goals

INSTRUCTIONS

Review the SMART goal questions below. The questions will help you develop clear, focused, and actionable goals. Use page 2 to write goals that fit your organization and community's needs.

| | | |
|----------|-------------------|--|
| S | Specific | <ul style="list-style-type: none"> • What do you want to achieve? • Who is involved or responsible? • Where will this take place? • Why is this goal important? |
| M | Measurable | <ul style="list-style-type: none"> • How will you track progress? • What are the key indicators for success? • How will you know when the goal is achieved? |
| A | Achievable | <ul style="list-style-type: none"> • Is the goal possible with what you have? • What steps or actions will you take to reach the goal? • Do you have the necessary skills and support? |
| R | Relevant | <ul style="list-style-type: none"> • Does the goal align with the organization's objectives? • Will it support your organization's success? • Is now the right time to work on the goal? |
| T | Time-bound | <ul style="list-style-type: none"> • When will you start working on the goal? • What is the planned date to achieve the goal? • Are there any checkpoints that are planned along the way? |

Example Goal: By December 31, 2025, Texas DSHS will host three Let's Talk - Safe Infant Sleep Community Trainings and train 30 community educators to use the Let's Talk approach.

Let's Talk – Safe Infant Sleep

Continue to share Safe Infant Sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices.

Smart Goals

DATE:

| | | |
|----------|-------------------|--|
| S | Specific | |
| M | Measurable | |
| A | Achievable | |
| R | Relevant | |
| T | Time-bound | |

Goal

Let's Talk – Safe Infant Sleep

Continue to share Safe Infant Sleep information with parents and caregivers throughout the first year to increase their use of safe sleep practices.