SMART Rubric for Shared Goal and Action Plan

S — Specific

Specific involves planning:
- What is the purpose or benefit of the goal?
- What needs to be accomplished?
- Who is involved in making the goal happen?

M — Measurable

How will progress on the goal be measured?
- How much?
- How many times?
- How often (e.g., per day, per week)?

A — Attainable

What steps are needed to implement action plan?
- Obtain resources
- Calculate prep time
- Identify practice time

R — Realistic

How ready does the client feel to implement action plan?
- Confidence
- Motivation
- Commitment

T — Time bound

What makes the action plan time-bound?
- Dates are set for implementation
- Date is set for follow-up observation