



Canada

# SMART Goals

Promoting a new perspective on disability  
Voir au-delà du handicap



**ACTIVE  
LIVING  
ALLIANCE**

FOR CANADIANS  
WITH A DISABILITY

**ALLIANCE  
DE VIE  
ACTIVE**

POUR LES CANADIENS/  
CANADIENNES AYANT  
UN HANDICAP



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# Overview of SMART Goals

- Effective Goal Setting
- SMART Goals



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# Setting Your Goals

*If you don't give people targets, they don't know what to strive for. If you do, they will care more, they will flag problems, and the goals will become personal goals.*

*Daniel Quondam, Operations Manager  
ComDev Wireless*

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# Effective Goal Setting

- Specific
- Measurable
- Accepted
- Reasonable
- Time-bound

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# SMART Goals

## Specific:

- They can be described in terms of exact behaviors or outcomes



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# SMART Goals

## Measurable:

Because they are specific, they can be quantified; this way there will be much less dispute than if the results are subjectively measured.



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# SMART Goals

## Accepted:

Participating in setting the goals will greatly increase acceptability by the person who must achieve the goal. When people set goals they are generally accepted as long as they are viewed as reasonable and the logic supporting them is valid.



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# SMART Goals

## Reasonable:

The circumstances surrounding the achievement of the goal are under the control of the person; if reaching the goal depends partly on others and their cooperation, it is not fair to make one person responsible for its success.



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# SMART Goals

## Time-bound:

There should be a deadline; as you probably know from personal experience, if there is no deadline, there is not much motivation to complete a goal



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# SMART Goals

## SMART Goals offer:

- Clarity
- Direction
- Increased motivation, involvement, & commitment
- Improved chances for success

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# SMART Goals

- So, everyone...
- Get SMART with the goals you are setting!

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# Summary

You now understand the basic elements of the SMART goal platform and how to follow it correctly in order to meet your organizational and personal needs.

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# Thank You

This Healthy Lifestyle and Person with Disabilities Initiative is a partnership between the Canadian Association of Independent Living Centres (CAILC) and the Active Living Alliance for Canadians with a Disability (ALACD). This partnership and its outcomes were made possible through funding from the Public Health Agency of Canada. This power point presentation was created by the Winnipeg & St. John's Independent Living Centres.



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