



Stretch Goals Questionnaire

Here are some questions to help create stretch goals for yourself and others. Give yourself time and space to work on the goal, and give autonomy to others to do the same. Celebrate the small steps to achievement.

Thought Starters

How you want to grow professionally?
Is it a skill? Experience? Exposure?

How does it benefit you and
the organization?

What does the outcome look like?

Set a wide net. Who should you work with?

What resources do you need?

What does support look like?

Break it down. Split your Stretch Goals into **S.M.A.R.T. Goals**

S (Specific)

M (Measureable)

A (Attainable)

R (Realistic)

T (Timely)