

# OKR Goals

OKR goals stand for “Objectives and Key Results.” It is a collaborative goal-setting methodology used by teams and individuals to set challenging, ambitious goals with measurable results.

OKRs can be used to track progress, create alignment, and encourage engagement around measurable goals.



## Objective

GOALS & INTENTS

**Think:** I will achieve my objective if I (identify a measurable milestone) by (set a time to achieve it by).

## Key Results

TIME-BOUND MEASURABLE MILESTONES THAT WILL HELP YOU ACHIEVE THE OBJECTIVE

**Think:** How do I know I'm getting there?

OKR goals can be used both professionally and personally. Use this OKR goal planning template below.

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KR1	
KR2	
KR3	