

SMART Goals Worksheet

What is your goal?:

Complete by:

Is your goal SMART? Ask yourself the following questions:

- Specific – Are the actions I must take to achieve the goal clear?
- Measurable – Can I track my progress with this goal?
- Attainable – Is the goal possible to achieve?
- Relevant – Does it truly matter to me right now?
- Time-Bound – Is it clear when this goal should be achieved?

If any of these are not checked off, please revise your goal ...

I want to achieve this goal because:

If I achieve my goal, my life will improve in the following ways:

What might stop me from reaching my goal?:

How can I tackle these obstacles?

Who might help me reach my goal?:

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What are three steps to achieving your goal?:

1.

2.

3.

How will you achieve step 1?

Complete by:

How will you achieve step 2?

Complete by:

How will you achieve step 3?

Complete by:

After I achieve this goal, what are some other areas I want to improve?

What can I do to celebrate when I reach this goal?