

# SMART Goals Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Goal Statement

Write your goal in one clear and motivating sentence.



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## S – Specific

What exactly do I want to achieve?  
Keep it focused and clear.



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## M – Measurable

How will I know I'm making progress?  
Think of numbers, milestones, or feedback.



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## A – Achievable

What steps will I take to make this possible?  
Be realistic but optimistic.



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## R – Relevant

Why does this matter to me right now?  
Make sure it aligns with your values or current goals.



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## T – Time-Bound

By when do I want to complete this?  
Set a motivating deadline.



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## Mini Steps

1. First small action: \_\_\_\_\_

2. Next step to take: \_\_\_\_\_

3. Final milestone: \_\_\_\_\_