

SMART GOALS WORKSHEET



S

SPECIFIC

Describe exactly what you want to achieve in one sentence.



M

MEASURABLE

What does success look like? How will you track it?



A

ATTAINABLE

What actions will you take to make this goal happen?



R

RELEVANT

Why is this goal meaningful or important to you right now?



T

TIME-BOUND

Set a deadline. When will you complete this goal?