

# SMART Goals Worksheet

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

Goal Title: \_\_\_\_\_

S – Specific

What exactly do you want to achieve?

M – Measurable

How will you measure success or know when the goal is achieved?

A – Attainable

What steps or resources will help you achieve this goal?

R – Relevant

Why is this goal meaningful or connected to your values/purpose?

T – Time-Bound

What is your deadline or time frame to complete this goal?

specific actions toward your goal:

Challenges to handle: