

SMART GOALS WORKSHEET



Name: _____ Date: _____

My Goal: _____

✔ S – Specific

What do I want to do?

 _____


 M – Measurable

How will I track it?

 _____

 A – Achievable

Can I really do this? What will help me?

 _____

♥ R – Relevant

Why does this matter to me?

 _____

 T – Time-Bound

When will I finish it?

 _____