

SMART GOAL WORKSHEET

Name: _____

Date: _____

My SMART Goal Statement: _____

S

SPECIFIC

What exactly do I want to accomplish?

M

MEASURABLE

How will I know when I've reached it?

A

ACHIEVABLE

What steps will I take to reach this goal?

R

RELEVANT

Why is this goal important to me?

T

TIME-BOUND

What is my deadline to complete this goal?