

SMART GOALS

WORKSHEET

NAME: _____ DATE: _____

STEP 1: DESCRIBE YOUR GOAL IN ONE SENTENCE

STEP 2: MAKE YOUR GOAL SPECIFIC

STEP 3: MAKE YOUR GOAL MEASURABLE

STEP 4: MAKE YOUR GOAL ACHIEVABLE

STEP 5: MAKE YOUR GOAL RELEVANT

STEP 6: MAKE YOUR GOAL TIME-BOUND