

# SMART GOALS WORKSHEET

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

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

S	<p>Specific: Clear and concise.</p> <p>What is one clear and focused goal you want to achieve?</p>
M	<p>Measurable: Quantifiable to track progress.</p> <p>How will you know when your goal has been successfully achieved?</p>
A	<p>Achievable: Attainable to remain motivating.</p> <p>What steps will you take to make sure your goal is realistically achievable?</p>
R	<p>Relevant: Aligned with your larger wellness vision.</p> <p>Why is this goal important to your current priorities or future plans?</p>
T	<p>Time-bound: Encased within a timeframe.</p> <p>By when do you plan to achieve this goal?</p>

Notes:

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