

SMART GOALS WORKSHEET



NAME: _____ DATE: _____

Goal Statement:

S – SPECIFIC

What exactly do I want to achieve?

M – MEASURABLE

How will I know I'm making progress?

A – ACHIEVABLE

What steps will I take to make this possible?

R – RELEVANT

Why does this matter to me right now?

T – TIME-BOUND

By when do I want to complete this?

- First small action: _____
- Next step to take: _____
- Final milestone: _____