

SMART Goals Worksheet



Name: _____

Date: _____

1 What's My Goal?

- What do you want to get better at or work toward?

2 Make It SMART

- Specific
- Measurable
- Achievable
- Relevant
- Time-Bound

3 My Action Plan

- First step: _____
- Next step: _____
- Final step: _____

4 My Check-In

- Did I follow my plan?
- Yes Not yet
- One thing I did well: _____
- One thing I can do better: _____