

SMART Goals Worksheet



SPECIFIC

What exactly is my goal?

I will be detailed, clear, and specific. (I can answer who, what, when, where, and why.)



MEASURABLE

How will i know I met my goal?

I can track my progress and know when my goal will be met.



ACHIEVABLE

Is my goal within reach?

My goal will be reasonable and realistic and is within reach. Here's what I can do!



RELEVANT

Is my goal important to me?

My goal is worthwhile and is important to me.



TIMELY

What is my goal's target date?

I need to have a focus to work towards.
