

## SMART Goals Worksheet

Today's Date:

Target Date:

Start Date:

Date Achieved:

**Goal:** \_\_\_\_\_

### Verify that your goal is SMART



**Specific:** What exactly will you accomplish?

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**Measurable:** How will you know when you have reached this goal?

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**Attainable:** Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?

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**Relevant:** Why is this goal significant to your life?

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This goal is important because:

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**Take Action!**

Potential Obstacles

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Potential Solutions

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Are there people you will ask to help you?

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"The great danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark." -Michelangelo

# Smart Goals

Setting realistic and achievable outcomes.

My goal is:

**S**  
SPECIFIC

What do I want to happen?

**M**  
MEASUREABLE

How will I know when I have achieved my goal?

**A**  
ATTAINABLE

Is the goal realistic and how will I accomplish it?

**R**  
RELEVANT

Why is my goal important to me?

**T**  
TIMELY

What is my deadline for this goal?