

SMART Goal Worksheet



Today's Date: _____ Target Date: _____

Start Date: _____ Date Achieved: _____

Goal: _____

Verify that your goal is SMART



Specific: *What exactly will you accomplish?*

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

Achievable: *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?*

Relevant: *Why is the goal significant in your life?*

Timely: *When will you achieve this goal?*



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This goal is important because:

The benefits of achieving this goal will be:



Take Action!

Potential Obstacles

Potential Solutions

Who are the people you will ask for help?

Specific Action Steps: *What steps need to be taken to get to your goal?*

What?

Expected Completion Date:

Completed

What?	Expected Completion Date:	Completed
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