

SMART Goal Worksheet

Today's Date: _____ Target Date: _____ Start Date: _____

Date Achieved: _____

Goal: _____

Is Your Goal SMART?

Specific: *What exactly do you want to accomplish?*

Measurable: *How will you know when you have succeeded?*

Attainable/Achievable: *Is this goal possible? Is it challenging enough? What are obstacles? What resources do you have to help overcome obstacles?*

Relevant: *How compelling or motivating is this goal for you? Why?*

Time-sensitive: *Have you set when will you begin and complete this goal?*

This goal is important to me because:
