

SMART GOALS

WORKSHEET

WHAT IS YOUR GOAL

SPECIFIC

WHAT DO YOU WANT TO ULTIMATELY ACHIEVE?

MEASURABLE

HOW WILL YOU KNOW IF YOU ACHIEVED THIS GOAL?

ATTAINABLE

HOW WILL YOU ACHIEVE THIS GOAL?

RELEVANT

WHY IS THIS GOAL IMPORTANT TO YOU?

TIMELY

WHEN DO YOU PLAN TO ACHIEVE THIS GOAL?

Jan

April

July

Oct