

SMART GOALS WORKSHEET

How to create a SMART goal:

Specific — What do I want to accomplish and why?

Measurable — How will I know when I have accomplished it?

Achievable — How can I accomplish this goal?

Relevant — Is this the right time for me to be working towards this goal?

Timebound — When do I want to accomplish this goal by?

Goal 1:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 2:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.

Goal 3:

Specific.

Measurable.

Achievable.

Relevant.

Timebound.