

## 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?*

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

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**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?*

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

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**Timely:** *When will you achieve this goal?*

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**On a scale of 0 to 10, how important is it to you that you make this change? (Please circle)**

1   2   3   4   5   6   7   8   9   10

**On a scale of 0 to 10, how confident are you that you could make this change? (Please circle)**

1   2   3   4   5   6   7   8   9   10

**This goal is important because:**

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**The benefits of achieving this goal will be:**

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**Take Action!**

**Potential Obstacles**

**Potential Solutions**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Who are the people you will ask to help you?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

<b>What?</b>	<b>Expected Completion Date</b>	<b>Completed</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____