

SMART Goals 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 that you have reached this goal?*

Achievable: *Is achieving this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them?*

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

Timely: *By when will you achieve this goal?*

Obstacles: *What obstacles could get in the way of you achieving your goal? How will you manage or respond to them?*
