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| 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?*

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

**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?

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

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

# This goal is important because:

# The benefits of achieving this goal will be:

# 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?*

# What? Expected Completion Date Completed