

SMART Goal Setting Worksheet

My goal

Why my goal is really important to me

What resources and steps will I need to complete this goal?

SMART checker... Is my Goal?

Specific – Is it clear what action I have to take?

Measurable – Will I know exactly when I have completed my goal? Will I be able to track my progress?

Attainable – Is it possible if I make the required effort?

Relevant – Is it in harmony with my larger life vision?

Timed – Have I set a precise attainment date and time?