

“Anyone who has ever made a resolution discovers that the strength of their determination fades with time. The important thing is not that your resolve never wavers, but that you don’t get down on yourself when it does and throw in the towel”

Daisaku Ikeda



SMART GOAL WORKSHEET

S

SPECIFIC

What outcome would you like?

M

MEASURABLE

How will you know when you’ve reached it?

A

ATTAINABLE

On a scale of 1-10, how confident do you feel that you’ll do it?

R

RELEVANT

How meaningful is this goal to you on a scale of 1-10?

T

TIMED

When do you intend to reach your chosen end point?
