

# 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**