

SMART Goals Worksheet

Today's Date: _____

Date Achieved: _____

Target Date: _____

Goal: _____

S

SPECIFIC

Write down the specific goal you want to accomplish.

M

MEASURABLE

How exactly will you know when it's accomplished?

A

ACHIEVABLE

Is achieving it realistic? What actions must you take to complete it?

R

RELEVANT

Why is achieving this goal important to you?

T

TIMELY

When will you reach your goal? What is the deadline?

E

EVALUATE

What can you learn from current progress? How can you improve?

R

REVISE

How can you adapt your strategies to current challenges?

Potential Obstacles

Potential Solutions
