



SMART Goal Setting Worksheet

Name: _____

Date: _____

1

What is your goal?

2

Why is the goal important?

3

Is the goal...?

S	Specific	What exactly do you want to accomplish?	<input checked="" type="checkbox"/>
M	Measurable	What will define progress for you and how will you track your progress?	<input type="checkbox"/>
A	Achievable	Can you commit to the goal with the time and resources you have?	<input type="checkbox"/>
R	Realistic	What are some of the factors that you may need to consider?	<input type="checkbox"/>
T	Timed	What is the deadline you'll set to achieve your goal?	<input type="checkbox"/>

4

What might stop you reaching the goal?

5

Goal target date: _____

Action: _____ Who: _____ When: _____

Action: _____ Who: _____ When: _____

Action: _____ Who: _____ When: _____

