



SMART Goal Setting Worksheet

1

What's your SMART goal?

2

Why is the goal important?

3

Is the goal...?

S	Specific	Who is the goal for? What do you want to accomplish? What should you consider when framing your goal? Why do you want to achieve this goal?	<input checked="" type="checkbox"/>
M	Measurable	What will define progress for you? How will you track your progress?	<input type="checkbox"/>
A	Achievable	How can I accomplish this goal? Is this goal realistic?	<input type="checkbox"/>
R	Relevant	Is the goal relevant to your needs and wants? Can you commit to the goal with the time and resources you have?	<input type="checkbox"/>
T	Timed	What is my timeframe to achieve this goal? What are the steps along the way that I need to achieve first?	<input type="checkbox"/>

4

What might stop you reaching the goal?

5

Goal target date: _____

Action: _____ Who: _____ When: _____

Action: _____ Who: _____ When: _____

Action: _____ Who: _____ When: _____



SMART Goal Setting Worksheet

Name: _____

Date: _____

What's your idea for a 1 YEAR goal?

What's your idea for a 5 YEAR goal?

What's your idea for a 10 YEAR goal?

What's your idea for a 20 YEAR goal?

Choose ONE idea and flip over the page to develop it into a SMART goal