SMART Goal Worksheet

Today's Date: ______________ Start Date: ______________ Target 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 given level of effort and commitment? Have you 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 this goal be achieved?