**SMART Goal Worksheet**

Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Target Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Start Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Achieved: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your 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?

**Realistic:** Why is this goal significant to your life?

**Timely**: When will you achieve this goal?

This goal is important because:

1.

The benefits of achieving this goal will be:

1.

**Take Action!**

Potential Obstacles?

Who are the people you will ask to help you?

Potential Solutions to the Obstacles?

Specific Action Steps: What steps need to be taken to get you to your goal?