

Smart Goals Worksheet

S
SPECIFIC

M
MEASURABLE

A
ACHIEVABLE

R
REALISTIC

T
TIME-BOUND

What do you actually want to achieve?

How will you know you have achieved it?

Is it attainable? Is it something that can actually happen?

Be honest!
Is it realistic?

When do you want to accomplish this?
What is your deadline?

Name: _____

Date: _____