



# SMART GOALS *Worksheet*

WHAT IS YOUR GOAL?

[Blank space for goal description]

**S**PECIFIC

WHAT EXACTLY DO YOU WANT TO ACHIEVE?

[Blank space for specific goal]

**M**EASURABLE

HOW WILL YOU MEASURE PROGRESS/SUCCESS?

[Blank space for measurable goal]

**A**CHIEVEABLE

WHAT DO YOU NEED IN ORDER TO ACHIEVE THIS GOAL?

[Blank space for achievable goal]

**R**ELEVANT

WHY IS THIS GOAL IMPORTANT RIGHT NOW?

[Blank space for relevant goal]

**T**IMELY

WHEN CAN YOU EXPECT TO SLAY THIS GOAL?

[Blank space for timely goal]

KEEPING ON TRACK CAN BE DIFFICULT,  
DON'T FORGET R & R WHILE WORKING ON YOUR SMART GOALS

REMINDERS FOR  
SMART GOALS

[Blank space for reminders]

REWARDS FOR  
SMART GOALS

[Blank space for rewards]