

S.M.A.R.T. Goal-Setting Worksheet

What is my goal? Make this goal a S.M.A.R.T. goal:

Specific Make sure your goal is not vague or too general
Measurable You can measure progress
Attainable Steps can be planned to reach it
Realistic An objective you are willing and able to work toward
Timely Grounded within a time frame

State your goal _____

Steps I must take to reach that goal:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

For each step, answer these questions.

What information do I need for this step?

Who can help me get the information I need?

What fears or obstacles do I need to overcome?

Do I need resources to accomplish this step? If so, what resources?