

Setting Smart Goals Worksheet

S pecific	List what specific goal you would like to accomplish.
M easurable	How will you know that you achieved your goal?
A ttainable	Is your goal realistic? Are there roadblocks that will prevent you from being successful?
R elevant	How does this goal help you in with what you are trying to accomplish?
T ime-bound	By what date and time do you need to reach your goal?