**SMART Goal Worksheet**

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

**Date Achieved: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Goal**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Verify that your goal is SMART

Specific: What exactly will you accomplish?

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Measurable: How will you know when you have reached this goal?

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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?

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Relevant: Why is this goal significant to your life?

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Timely: When will you achieve this goal?

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This goal is important because:

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The benefits of achieving this goal will be:

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Take Action!

Potential Obstacles Potential Solutions

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Who are the people you will ask to help you?

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

What? Expected Completion Date Completed

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