

SMART GOAL WORKSHEET

INTENTION	SPECIFIC	MEASURABLE	ATTAINABLE	RELEVANT	TIME BASED
<i>What do you want to achieve?</i>	<i>Who? What? Why? Where? When?</i>	<i>How much? How often? How many?</i>	<i>Achievable?</i>	<i>Is it relevant to your ultimate vision?</i>	<i>When?</i>