

# 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 the goal significant in your life?*

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**Timely:** *When will you achieve this goal?*

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# SMART Goal Worksheet



**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 for help?**

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

**What?**

**Expected Completion Date:**

**Completed**

What?	Expected Completion Date:	Completed
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