**SMART Goal Worksheet**

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

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

**Verify that your goal is SMART** – Answer the following questions.

**Specific:** *What exactly will you accomplish?*

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

**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?*

**Relevant:** *Why is this goal significant to your life?*

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

**This goal is important because:**

**The benefits of achieving this goal will be:**

**List potential obstacles that might prevent you from achieving your goal. For each obstacles, provide a potential solution that will help you through.**

**Who are the people you will ask to help you?**