



SMART GOALS WORKSHEET

Goal Statement (be specific!): _____

Is this a SMART goal? ☐ Specific ☐ Measurable ☐ Attainable ☐ Relevant ☐ Timely

When will I achieve this goal (date)? _____

What actions do I need to take to achieve this goal? _____

How will I know I've achieved this goal? _____

Where am I now in terms of achieving this goal? _____

Obstacles to reaching this goal:

Solutions to the obstacles:
