

## SMART Goal-Setting Worksheet

Please set at least one goal to practice or engage in a positive psychology strategy over the next 2 weeks. Aim for your goal to have all of the following characteristics:

**Specific**: Identifies a specific action or event that will take place

**Measurable**: Should be quantifiable (countable) so progress can be tracked

**Achievable**: Should be attainable and realistic given resources

**Relevant**: Should be personally meaningful

**Time-Bound**: State the time period for accomplishing the goal

**My Goal:**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>