SMART GOALS WORKSHEET

SMART GOALS

Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

| S | SPECIFIC | A. What exactly do you want to achieve? B. Who is involved or responsible? C. Where will it take place (if applicable)? D. Why is this goal important? |
|---|------------|---|
| M | MEASURABLE | A. How will you track progress? B. What are the key performance indicators (KPIs)? C. How will you know when the goal is accomplished? |
| A | ACHIEVABLE | A. Is the goal realistic given your resources and constraints? B. What steps or actions will you take to reach the goal? C. Do you have the necessary skills and support? |
| R | RELEVANT | A. Does the goal align with your business objectives? B. Will it contribute to your long-term success and growth? C. Is now the right time to pursue this goal? |
| T | TIME-BOUND | A. When will you start working on the goal? B. What is the target completion date? C. Are there any milestones or checkpoints along the way? |

SMART GOALS

GOAL:

| S | |
|---|--|
| M | |
| | |
| R | |
| T | |