

SMART Goal Worksheet

This worksheet helps you set Specific, Measurable, Achievable, Relevant, and Time-bound goals aligned with your values and God-given purpose. It guides you in creating goals for personal growth, professional development, or spiritual alignment, reflecting who you are and who you're becoming in Christ.

Direction: Set clear, faith-aligned goals using the **SMART** framework step-by-step.

S

Specific

What is your goal? Give detail

M

Measurable

How will you keep track of your progress? How will you measure it?

A

Attainable

What do you need to achieve your goal? Think of time, skills, etc.

R

Relevant

How will this goal help you?

T

Timely

When will you achieve this goal? Set a start and finish date.



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Action Plan—what steps do you need to take?	Date

Potential Obstacles	Potential Solutions

