



SMART Goal Worksheet

Today's Date _____ Target Date _____ Start Date _____

Date Achieved _____

Goal: _____

SMART Goals

Specific: *What specifically are you trying to achieve?*

Measurable: *How will you (and others) know when you've reached this goal?*

Action-Oriented: *What is your action plan to achieve your goal? List processes, such as daily "to-do" items to help reach your goal.*

Realistic: *Is this goal achievable for you to accomplish? Is it challenging, yet not too difficult?*

Timely: *When will you achieve your goal? Is this a short-term or a long-term goal?*

Self-Determined: *Why is this goal important to you? What are the benefits of achieving this goal?*

Challenges: *What obstacles may prevent you from reaching your goal? What are your solutions to overcome these obstacles?*

| <u>Potential Obstacles</u> | <u>Solutions</u> |
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Support: *Are there any people you'd like to share your goal with for support?*
