**SMART-A Goal Worksheet:**

**S**pecific: Describe what exactly you want to accomplish:

**M**easurable: How will you measure your progress and know you have achieved your goal?

**A**chievable: What are the realistic steps and resources needed, and who else can help you?

**R**elevant: What makes this goal meaningful for you, both short and long term?

**T**ime-bound: List dates/times by which you expect to achieve the steps and long-term goal:

**A**daptable: What resources do you have to modify your plans as challenges arise?

What potential obstacles could derail your plan and how will you overcome them?

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Other considerations/to-do list items needed to get started: