

SMART Goal Worksheet

Name: _____

Date: _____

S

SPECIFIC

What outcome would you like?

M

MEASURABLE

How will you know when you've reached it?

A

ACHIEVABLE

On a scale of 1-10, how confident do you feel that you'll do it?

R

RELEVANT

How meaningful is this goal to you on a scale of 1-10?

T

TIME-BOUND

When do you intend to reach your chosen end point?