SMART Goal Worksheet

Today's Date:	Target Date:	Start Date:	
Date Achieved:			
Goal:			
Verify that your goal is SN	<u>//ART</u>		
Specific: What exactly will	you accomplish?		
Measurable: How will you	know when you have reached	this goal?	
to achieve this goal? If not	t, how will you get them?	d commitment? Have you the reso	
Relevant: Why is this goal	significant to your life?		
Timely: When will this god	al ha achiavad?		
Timely: When will this god	ni be acilievea :		

SMART Goal Worksheet

Take Action! Potential Obstacles Potential Solutions Who are the people you will ask to help you?		
Potential Obstacles Potential Solutions		
Who are the people you will ask to help you?	Potential Solutions	
Who are the people you will ask to help you?		
Who are the people you will ask to help you?		
Who are the people you will ask to help you?		
Who are the people you will ask to help you?		
Who are the people you will ask to help you?		
Who are the people you will ask to help you?		
Specific Action Steps: What steps need to be taken to get you to your goal?		
What? Expected Completion Date Completion	ted	