

Name:

Date:

Weekly SMART Goals

Month: Week Of: 01 02 03 04 05

GOAL

Be specific and concise. Include the measure and time frame.

PURPOSE

Why is the goal relevant? What are the benefits?

CHALLENGES

What are the challenges to overcome? What resources and skills are needed?

Reflection and Adjustment

What obstacles might you face this week, and how will you overcome them?
(Identify potential challenges and plan strategies to address them.)

How will you stay motivated and track your progress throughout the week?
(Think about how you'll keep yourself focused and what you'll do to stay on track.)

What did you learn from working toward your goal this week, and how will you apply that learning to next week's goals?

What specific actions will you take each day to achieve your goal?

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday