

# SMART Goals

## Worksheet

Name:

Date:

	SMART Questions	SMART Answers
<b>SPECIFIC</b>	What is the goal?	
	What are the details of the goal?	
	What do I want to accomplish with it?	
<b>MEASURABLE</b>	How will I measure progress?	
	Do I have the necessary tools to measure my progress?	
	How will I know the goal has been accomplished?	
<b>ACHIEVABLE</b>	Will I have access to help when needed?	
	Do I have all the necessary resources?	
	Do I have the time to carry out the goal?	
<b>RELEVANT</b>	Why is this goal important?	
	Is this goal worth my time?	
	Is this the right time for it?	
<b>TIME-BOUND</b>	When will I achieve the goal?	
	When will I carry out the activities that will bring me to my goal?	
	When can I expect the first outcomes?	