

SMART Goals

Worksheet

Name: _____

Date: _____

1. **Specific** - What is your specific goal?

2. **Measurable** - How will you measure your progress towards this goal?

3. **Achievable** - Is this goal achievable? What steps will you take to reach it?

4. **Relevant** - Why is this goal relevant to you?

5. **Time-Bound** - What is the time frame for achieving this goal?