

S.M.A.R.T. Goals Worksheet



SPECIFIC: State what you want to accomplish and the benefits of achieving this goal.



MEASURABLE: How will you measure your progress? How will you know you've accomplished the goal?



ACHIEVABLE: What steps do you need to take to accomplish the goal?



RELEVANT: Why is this goal worthwhile? Do you have the necessary resources to accomplish this goal?



TIME-BOUND: How long will it take to accomplish this goal? Write down your target deadline.
