

# SMART Goal Worksheet

*A SMART Goal is one that is Specific, Measurable, Achievable, Relevant, and Timely. This activity will help you take your goals and brainstorm how they can be achieved. The activity will also help you identify potential barriers, supports, and action items based on your goal.*

Today's Date:

Target Date:

Start Date:

Date Achieved:

Goal:

## **Verify that your goal is SMART**

**Specific:** *What exactly will you accomplish?*

**Measurable:** *How will you know when you have reached this goal?*

**Achievable:** *Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?*

**Relevant:** *Why is this goal significant to your life?*

**Timely:** *When will you achieve this goal?*

**This goal is important because:**

**The benefits of achieving this goal will be:**

**Take Action!**

Potential Obstacles	Potential Solutions

**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	Completed?