

SMART Goals Worksheet

S	<u>Specific:</u> What am I going to do? How am I going to do it?
M	<u>Measurable:</u> How will I know that I have reached my goal?
A	<u>Attainable:</u> Can I see myself achieving this goal? Can I break it down into manageable pieces?
R	<u>Realistic:</u> Is the goal too difficult to reach? Too easy?
T	<u>Timely:</u> What is my target date for reaching my goal?