

# S.M.A.R.T. GOALS WORKSHEET

<b>INITIAL GOAL</b>	<b>The goal I have in mind is...</b>
<b>S SPECIFIC</b>	<b>What do I want to accomplish?</b>
<b>M MEASURABLE</b>	<b>How can I measure progress?</b>
<b>A ACHIEVABLE</b>	<b>Do I have the skills and the resources I need?</b>
<b>R RELEVANT</b>	<b>Why am I setting this goal now? How does it align with my values?</b>
<b>T TIME-BOUND</b>	<b>What's my deadline and is it realistic?</b>
<b>SMART GOAL</b>	<b>My smart goal is...</b>