

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

## INITIAL GOAL

The goal I have in mind is...

## S

### SPECIFIC

What do I want to accomplish?

## M

### MEASURABLE

How can I measure progress?

## A

### ACHIEVABLE

Do I have the skills and the resources I need?

## R

### RELEVANT

Why am I setting this goal now? How does it align with my values?

## T

### TIME-BOUND

What's my deadline and is it realistic?

## SMART GOAL

My smart goal is...