

S

Specific

M

Measurable

A

Achievable

R

Realistic

T

Time-based

S.M.A.R.T. Goal Worksheet

Specific

Does this goal make sense?
Is it clearly defined?

Measurable

How will I know when this goal is accomplished?
How will I measure my progress?

Achievable

How am I going to accomplish it?
Which steps am I going to take?

Realistic

Can I realistically achieve this goal?
Do I have enough resources to achieve it?

Time-based

How long will it take?
By when am I going to achieve this by?

Your S.M.A.R.T. Goal Statement: