

SMART GOALS

Worksheet

S

SPECIFIC

Specifically state what you want to accomplish.

M

MEASURABLE

You should be able to easily track and measure your goal.

A

ATTAINABLE

Your goal should be realistic and doable for you at your level.

R

RELEVANT

Make sure the goal matters to you and aligns with your vision.

T

TIME-BASED

Have a deadline with which you want to complete it!
