**SMART Goal Worksheet**

**Name: ­­­­­­­­­­­­­­­­­­ ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Goal:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Start Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Target Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Is this a SMART Goal?** *Use the questions below to make a determination.*

**Specific:** *What exactly will you accomplish?*

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**Measurable:** *How will you know when you have reached this goal?*

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**Achievable:** *Is achieving this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them?*

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**Relevant:** *Why is this goal significant to your life?*

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**Timely:** *When will you achieve this goal?*

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**The benefits of achieving this goal will be:  
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**Take Action!**

**Identify potential obstacles:**

|  |  |
| --- | --- |
| **Potential Obstacles** | **Potential Solutions** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**What resources will you utilize?**

|  |  |
| --- | --- |
| **Resource** | **Contact Information** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**What steps need to be taken to get to your goal?**

|  |  |
| --- | --- |
| **Action Steps** | **Expected**  **Completion Date** |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |