

Wk _____ / _____ / _____

SMART Goal Worksheet

Your Initial Goal

Describe your goal using SMART

S

Specific: Is it measurable, defined and focused? (What are the steps, when, and to what goal?)

M

Measurable: How will you track progress and identify when the goal has been achieved?

A

Attainable: Is it realistic and achievable? (SMART Goals are realistic and achievable.)

R

Relevant: Is it aligned with your overall goal and broad vision?

T

Time based: When is the goal due to be completed or begun?

Your Revised SMART Goal

What do you need to succeed? (Activities)

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What do you need to overcome such as barriers, obstacles?

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