

DATE: ___ / ___ / ___

SMART Goal Worksheet

Your Initial Goal:

Expand on your goal using S.M.A.R.T

S

Specific: Is it clear, well-defined, and focused? Does it use WHAT, WHEN, WHERE, HOW, and/or WHY?

M

Measureable: How will you track progress and determine when the goal has been achieved?

A

Attainable: Is it realistic and achievable for YOU? Consider time, resources, and ability required.

R

Relevant: Does it align with your overall goal and desired outcome?

T

Time-bound: Is there a specific deadline for completion of the goal?

Your Revised **SMART** Goal:

Identify potential **barriers/obstacles:**

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Solution(s) to overcome each barrier/obstacle:

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