

S.M.A.R.T. GOALS

WORKSHEET

S PECIFIC	<i>What, exactly, in detail, do you want to achieve? Who, What, Why? Where? When?</i>
M EASUREABLE	<i>How will I track my progress? How much? How often? How many?</i>
A TTAINABLE	<i>Is this achievable for me? Do I have what I need to make it possible ... including time?</i>
R ELEVANT	<i>What is the outcome? What is the change you are expecting? Is it realistic?</i>
T IME BASED	<i>When will I have this completed? Is it timely?</i>