

Goal Setting Worksheet

S	M	A	R	T
				
SPECIFIC	MEASURABLE	ACTIONABLE	REALISTIC	TIMEBOUND
Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!	Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.	Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.	Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.	A date helps us stay focused and motivated, inspiring us and providing something to work towards.

What is your goal? Be specific! (S):

How will you measure/track success? (M):

What are the steps you'll take to achieve your goal? (A):

Reconsider what you've written so far – is your goal realistic? (R):

When will you complete your goal? (T):