

Name: _____ Date: _____

S.M.A.R.T.

goals worksheet

Specific

What exactly do I want to do?

Measurable

How will i track on my progress?

Attainable

Is this realistic for me? Do I have what I need to make it possible?

Relevant

Why am I doing this? Does it matter to me?

Time-oriented

When will I have this completed