

## SMART Goals Worksheet

This worksheet can be used to develop clearly defined, effective goals.

<b>S</b>	<b>Specific</b> What am I going to do? Why is this important to do at this time? What do I want to ultimately accomplish? How am I going to do it?
<b>M</b>	<b>Measurable</b> How will I know that I have reached my goal?
<b>A</b>	<b>Attainable</b> Can I see myself achieving this goal? Can I break it down into manageable pieces?
<b>R</b>	<b>Realistic</b> Is the goal too difficult to reach? Too easy?
<b>T</b>	<b>Timely</b> What is my target date for reaching my goal?