

SMART Goals Worksheet

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

S	<p>Specific 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?</p>
M	<p>Measurable How will I know that I have reached my goal?</p>
A	<p>Attainable Can I see myself achieving this goal? Can I break it down into manageable pieces?</p>

YOURSELF	GET YOUR HANDS ON SOME CASH	PUSH YOURSELF
	Start Date: _____	Start Date: _____
	My Goal is:	My Goal is:
	1. _____	1. _____
	2. _____	2. _____
	3. _____	3. _____
	What steps are needed to reach this Goal?	What steps are needed to reach this Goal?
	1. _____	1. _____
	2. _____	2. _____
	3. _____	3. _____