

SMART GOAL

Worksheet

INTENTION <i>(What do you want to achieve?)</i>	SPECIFIC <i>(who? what? why? where? when?)</i>	MESURABLE <i>(How much? How often? How many?)</i>	ATTAINABLE <i>(Achievable?)</i>	RELEVANT <i>(Is it relevant to your ultimate vision?)</i>	TIME BASED <i>(When?)</i>