

S.M.A.R.T. GOAL SETTING WORKSHEET

MY GOAL IS TO: _____

S.M.A.R.T. GOAL SETTING EVALUATION CRITERIA

Is Your Goal Specific?

If your goal is to get in better shape or to make a lot of money, it is not going to do you much good. These goals are not specific enough to motivate you. Try setting a goal like to be able to do a dozen push-ups by Christmas, or to save \$1,000 by your birthday.

Is Your Goal Measurable?

How will you measure your progress? Will you know when you are half way there? To be able to swim is vague; to be able to swim the length of the city pool is measurable.

Is Your Goal Action-Oriented?

Does your goal require action on your part? To have all the snow off your patio by August does not require any action on your part, and there is not much you can do to bring to pass "five sunny days in December." Action must be required for the accomplishment of your goal.

Is Your Goal Realistic?

Do you believe that it is reasonable to think you could accomplish your goal in the time you have given yourself? It is much better to set a very realistic goal that you achieve than to set yourself up for failure.

Is Your Goal Time-Bound?

A goal without a deadline is just a wish. When will your goal be accomplished? Without a deadline, you can never fail to complete your goal. The deadline will keep you accountable and make your goal setting process effective.

If you are serious about your goal, get together with some friends who will support you. Agree to a penalty you will pay (not necessarily monetary) if you do not accomplish your goal and a reward you will receive if you do. This support can make the difference between reaching your life-altering goals or living the way you currently live for the rest of your life.

PENALTY: If I do not accomplish this goal I will:

REWARD: If I accomplish this goal I will:

SIGNED _____ DATE _____