

SMART Goal Worksheet

Verify that your goal is SMART

No matter what you want to accomplish, goal setting is an important first step. Put your dreams into action by setting goals using the SMART acronym.

> Specific

What's the exact goal you're going to reach? (How many? How often?)

> Measurable

How will you track your progress?

> Achievable

Choose a goal that is realistic given your ability and resources.

> Relevant

Why is this goal important to you?

> Timely

When do you plan to start? When do you plan to reach your goal?