

SMART Goal Worksheet

State your initial goal on the line below:

Specific	Did you define the precise outcome you are looking for? How can you refine and focus what you wrote to make it clearer and more specific?
Measurable	How will you know if you are making progress toward your goal? What measure can you check on the way?
Action-oriented	What behaviors will you see that will indicate progress toward this goal? What sequence of actions will you plan to achieve this goal?
Realistic	What do you need to make it possible to reach this goal?
Time-bound	How long will it take you to reach this goal? By when do you expect to complete this goal successfully?

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