

SMART GOAL SETTING WORKSHEET

SMART GOAL SETTING

S

Specific - What is the behavior we want to achieve?

M

Measurable - How will you know we've achieved it?

A

Attainable - What is the realistic outcome?

R

Relevant - Why is this important?

T

Time Bound - When will we achieve this by?

Target Goal Date:

STRENGTHS

What tools do I have to succeed?

BARRIERS

What's getting in the way right now?

Why do I want to accomplish this goal?

Why might others want me to accomplish this goal?

What good things will happen when I accomplish the goal?

Milestones To Know I'm Making Progress

1

2

3