

SMART Goal Worksheet

<p>What is the goal?</p> <p>Goal completion date: _____</p>	<p>Why is the goal important to you?</p>
<p>Checklist:</p>	<p>✓ What potential problems / barriers could keep you from achieving your goal:</p>
<p>Is the goal SPECIFIC enough? Is any support you might need stated clearly? Will you know when it's been achieved?</p>	
<p>Is the goal MEASURABLE? (how many / how often...)</p>	
<p>Is the goal ACHEIVABLE? Do you have the support? Is the goal realistic for you?</p>	<p>List ways to overcome these problems / barriers:</p>
<p>Is the goal RELEVANT to you? Will it make a difference to your life?</p>	
<p>Is the goal TIMELY? Does the goal state a specific completion date?</p>	

Complete this goal template for all your goals!