

## SMART Goal Worksheet

Today's date: \_\_\_\_\_ Target date: \_\_\_\_\_ Start date: \_\_\_\_\_ Date achieved: \_\_\_\_\_

Goal: \_\_\_\_\_

### Verify that your goal is SMART (Specific, Measurable, Attainable, Realistic, Timely)

**Specific:** *What exactly will you accomplish?*

**Measurable:** *How will you know when you have reached this goal?*

**Attainable:** *Is achieving this goal possible with effort and commitment?*

**Realistic:** *Do you have the resources to achieve this goal? If not, how will you get them?*

**Timely:** *When will this goal be achieved?*