

# SMART GOAL WORKSHEET

**S** **SPECIFIC**

Does this goal make sense? Is it clear?

**M** **MEASURABLE**

Is the goal measurable?  
Can you track your progress?

**A** **ATTAINABLE**

Is this goal challenging but not impossible?

**R** **RELEVANT**

Is this goal functional and necessary?

**T** **TIMELY**

When will the goal be completed?

**S M A R T**  
GOALS

Write the complete SMART goal here.