



# S.M.A.R.T Goal Worksheet

When setting goals, make sure it follows the SMART structure.  
Use the questions below to create your goals.

|   |                                                               |  |
|---|---------------------------------------------------------------|--|
| S | <u>SPECIFIC</u><br>WHAT DO I WANT TO ACCOMPLISH?              |  |
| M | <u>MEASURABLE</u><br>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED? |  |
| A | <u>ACHIEVABLE</u><br>HOW CAN THE GOAL BE ACCOMPLISHED?        |  |
| R | <u>RELEVANT</u><br>DOES THIS SEEM WORTHWHILE?                 |  |
| T | <u>TIME BOUND</u><br>WHEN CAN I ACCOMPLISH THIS GOAL?         |  |