

SMART Goals Worksheet

Initial Goal	Write your goal here.
S Specific	Make your goal detailed and well defined.
M Measurable	Make sure you are able to know when you have reached your goal.
A Attainable	Are you able to take action to reach your goal?
R Realistic	Can you realistically achieve this goal within the given time frame?
T Timely	Set a start and end date for your goal to help stay motivated and focused!
SMART GOAL	

What actionable steps do you need to take to reach your goal?

Action Items	Completion Date

Plan for potential obstacles with potential solutions!

Potential Obstacles	Potential Solutions