

Setting SMART Goals

Use this worksheet to set goals using the S.M.A.R.T. framework.

Eye on the Target

Write down a specific goal you're working toward or want to start working on.

Be as detailed as possible:

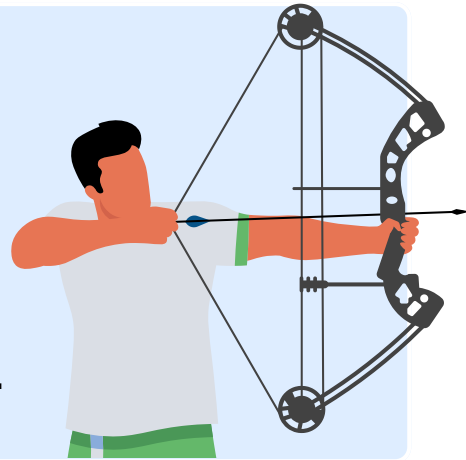


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Get S.M.A.R.T.

Break down your goal according to the S.M.A.R.T. framework to make it specific, measurable, achievable, relevant and time-bound. You can use the question under each letter in the acronym to help you.



Try to be as detailed as possible as you fill in the boxes below:



SPECIFIC

What exactly do I want to achieve?



MEASURABLE

How will I know if I'm improving?



ACHIEVABLE

How I realistically do this with the time and resources I have?



RELEVANT

Why does this goal matter to me?



TIME-BOUND

When do I want to achieve this?

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Get S.M.A.R.T.E.R.

List 2 to 3 habits that you can do regularly to keep yourself accountable to your S.M.A.R.T. goals:

