

SMART Goals

** your path to success **

General Goal:

I want to...

SMART Goal:

Write your final SMART goal statement here after you've completed the worksheet.



SMART Goals are Specific.

Which area of your life do you want to work on?

Does it relate to career, finances, relationships, or health?

Exactly what do you want to accomplish? Be specific.

Why do you want to start this journey?

Who do you need to support you during this process?

What are the resources, tools, or requirements for reaching your goal?

What are some potential obstacles that you may encounter along the way (financial, social, etc.)?



SMART Goals are Measurable.

How will you know when you've accomplished your goal?

What values will be used to determine that you've met your goal?

How many of x will you need?



SMART Goals are Achievable.

Are the last 2 answers above something that can be achieved?

What steps will you take towards reaching your milestones and your ultimate goal?

How realistic is your goal based on the requirements and obstacles that you have acknowledged?

Do you have support or resources available to drive you forward?



SMART Goals are Relevant.

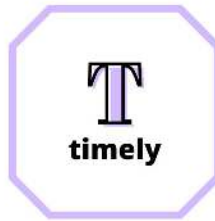
Why do you want to achieve this goal?

Does this goal align with your overall objectives and values in life?

Is this the right time?

Is this worth my time?

Will I be the best person to reach this goal and have control over this journey?



SMART Goals are Time-Bound.

When will you reach your goal?

What can you do today? This week? 6 months from now? By the end of the year?