

SMART GOAL SETTING WORKSHEET

Name:

Date:

| INTENTION | SPECIFIC | MEASURABLE | ATTAINABLE | RELEVANT | TIME/TANGIBLE ON DATE |
|--------------------------------------|--|--------------------------------------|-------------|---|-----------------------|
| What is it that you want to achieve? | Who? What? Why? Where? When? | How much? How often? How many? | Achievable? | Is it important to what you want to achieve ultimately? | When? |
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[Everything in one place and your goals on track?](#)