

Goal Setting Worksheets

SMART Goals

Specific - What am I going to do? Why is this important to me?

Measurable - How will I measure my success? How will I know when I have achieved my goal?

Attainable - What will I do to achieve this goal? How will I accomplish this goal?

Relevant - Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?

Time-Bound - When will I accomplish my goal? How long will I give myself?

My goal is: