

S.M.A.R.T GOALS

WORKSHEET



Smart Goals worksheet to help you plan and obtain your goals in life

S.M.A.R.T GOALS WORKSHEET

YOUR GOAL

TODAY'S DATE

GOAL ACHIEVEMENT DATE

S.M.A.R.T QUESTIONS

S.M.A.R.T ANSWERS

SPECIFIC – What exactly are you trying to achieve?

MEASURABLE – How can this goal be measured in terms of cost or amount?

ATTAINABLE – Is this goal realistic?

RELEVANT – Is this the right time to be setting this goal?

TIMED – When do you wish for this goal to be completed?

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TASK LIST

TASK	DATE COMPLETED

OBSTACLES & SOLUTIONS

OBSTACLES	SOLUTIONS

