

S.M.A.R.T. GOAL WORKSHEET

Name _____ Advisor _____ Date _____

My goal is _____

Now turn it into a **S.M.A.R.T. Goal** by answering the following questions:

- **Specific:** What is my goal in detail? _____

- **Measurable:** How much or how many times will I do this? _____

- **Action-bound:** What action will I take? _____

- **Realistic:** How can I make this happen? _____

- Time-bound:** When is my due date? _____

Now you have a **S.M.A.R.T. Goal**. Congratulations! Write it below:

I will...

And just to be sure you stay on track, answer these questions:

What obstacles or barriers might I run into?	What strategy will I use to overcome this obstacle?	Who can support me to reach this goal? How can they support me?

I, _____, have read, understand, agree, and will comply with the above goals.

Student Signature _____ Date _____

Date to review goal _____

Goal Review

Advisor _____ Date _____

- Did I achieve this goal? **Yes** **No**
- Did I experience any obstacles that got in my way? **Yes** **No**
- If yes, what did I do to overcome the obstacle(s) was... _____

- If I didn't achieve my goal this time, what I can do next time to overcome the obstacle(s) is... _____

Student Signature _____ Date _____