

# S.M.A.R.T. Goal Worksheet

Name:

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?

- Timely: When is my due date?

Now you have a S.M.A.R.T. goal! Write it below:

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

What obstacle or barrier 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?

Goal Review:

- Did I achieve this goal? ☐ Yes, I did. ☐ No, I did not.
- Did I experience any obstacles that got in my way? ☐ Yes, I did. ☐ No, I did not.
- If yes, what I did 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:  
\_\_\_\_\_