

Goal-Setting Worksheet (Be S.M.A.R.T.)

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Set one goal for your COURSE:					
Specific	Measurable	Achievable	Relevant	Time-bound	*What will I do to get there?
What does it look like?	What is your measure of "I did it"?	Is it a reasonable goal?	How can you make it meaningful for yourself?	What are your startline, mini-deadlines, and deadline?	Your next steps:
Set one goal for yourSELF:					
Specific	Measurable	Achievable	Relevant	Time-bound	*What will I do to get there?
What does it look like?	What is your measure of "I did it"?	Is it a reasonable goal?	How can you make it meaningful for yourself?	What are your startline, mini-deadlines, and deadline?	Your next steps:
For me, getting a good night's sleep is getting 7-8 hours of sleep a night.	I have achieved my goal if I was able to be in bed by 11 pm and wake up at 6:45 from Sunday night to Friday morning.				