

S.M.A.R.T. Goal Think Sheet

Use this Think Sheet to brainstorm S.M.A.R.T. goals.



Specific

Your goal must be **specific**. What exactly do you want to accomplish?



Measurable

Your goal must be **measurable**. How will you measure progress? How will you know when you have reached this goal?



Achievable

Your goal must be **achievable**. Do you have the skills and abilities necessary to achieve your goal? What will you need to do in order to reach your goal?



Relative

Your goal must be **relative**. Why is achieving your goal important to you? How is it meaningful?



Timely

Your goal must be **timely**. How much time do you have to achieve your goal? When will you reach this goal? What is your deadline?
