

SMART Goal Setting Worksheet

Initial Goal		
<p style="text-align: center;">S Specific</p>	<p>Your goal should be well defined, detailed and clear. Try to relate to the five "W" questions:</p> <ol style="list-style-type: none"> 1. Who needs to be involved? 2. What do I need to do? 3. Where will I reach this goal? 4. When will I reach the goal by? 5. Why do I want to achieve this goal? 	
<p style="text-align: center;">M Measurable</p>	<p>Is your goal measurable? You should be able to tell when you reach your goal.</p>	
<p style="text-align: center;">A Achievable</p>	<p>Can you reach the goal taking into account your available time, skills, and financial status?</p>	
<p style="text-align: center;">R Realistic</p>	<p>Is your goal realistically achievable within the given time frame and with the available resources?</p>	
<p style="text-align: center;">T Timely</p>	<p>Set a start and finish date for your goal.</p>	
<p>SMART Goal</p>	<p>Revise your goal based on the answers to the questions above.</p>	