



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

“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”

- Pablo Picasso

Write down your intention, hope, or dream: _____

<u>S</u>pecific	What am I going to do? Why is this important at this time? What do I want to accomplish? How am I going to do it?
<u>M</u>easurable	How will I know that I have reached my goal?
<u>A</u>ttainable	Can I see myself achieving this goal? Can I break it down into manageable pieces?
<u>R</u>ealistic	Is the goal too difficult to reach? Too easy?
<u>T</u>imely	What is my target date for reaching my goal?

Write down your revised goal: _____
