

SMART Goals Worksheet

The SMART structure can help provide a sense of clarity, direction and motivate you to achieve your goals.

Specific: _____

Measurable: _____

Attainable: _____

Realistic: _____

Timely: _____

My SMART Goal from last week was: _____

What went well, and what needs to be adjusted?

My SMART Goal for this week will be: _____

