

# SMART Goals Worksheet

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