



S.M.A.R.T. GOAL SETTING WORKSHEET

Are you ready to work towards your next goal? Whether it's a fitness, business, or relationship goal, getting clarity in why, how, and when you'll achieve your goal can help you improve your rate of success. Use this template for short, medium, and long term goals.

MY GOAL:

SPECIFIC

What do I want to accomplish? Why do I want to accomplish this?



MEASUREABLE

How will I measure my progress and know when I have reached my goal?



ACHIEVABLE

How can this goal be accomplished and what steps are necessary?



REALISTIC

Is the time right to focus on this goal? Is it in line with my life values & vision?



TIME-BOUND

How long will it take to accomplish this goal and when will I work on it?


