

S.M.A.R.T-goal worksheet

S pecific	What exactly do I want to do? Details? What? Why? Who? Where? When?
M easurable	How will I track my progress? How much? How many? How will I know I've reached my goal?
A ttainable	Do I have what I need to reach this goal? Is it achievable for me? Do I have the knowledge, skills and abilities needed?
R ealistic	Is this doable? Is it a worthwhile goal for me? Can I do the things I need to do to reach this goal?
T imely	By when do I want to complete this goal? Do I have any milestones along the way? What is my timeframe?