

SMART Goals Worksheet

Name: _____ Date: _____

What is a SMART Goal?

A SMART goal is Specific, Measurable, Achievable, Relevant, and Time-Bound.

1. My Goal

What is one goal you want to achieve?

2. Make It SMART

S — Specific: What exactly do you want to accomplish?

M — Measurable: How will you measure your progress?

A — Achievable: What steps will help you reach this goal?

R — Relevant: Why is this goal important to you?

T — Time-Bound: When will you achieve it?

3. My SMART Goal

Write your complete SMART goal in one sentence.

4. Action Plan

Step	What will I do?	When?
1	_____	_____
2	_____	_____
3	_____	_____

5. Progress Check

My starting point: _____

My target: _____

How often will I check my progress? _____

What might make this difficult?

How will I overcome it?

Reflection

What will achieving this goal help you do or learn?

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