

Stick to It - S.M.A.R.T Goals Worksheet

Create and implement SMART Goals to achieve greater success.

Specific:

What goal do you want to accomplish?

Why is this goal important to you?

What do you need in order to accomplish the goal?

What obstacles might you face as you achieve this goal?

Measurable:

How much or how many do you need in order to achieve your goal?

How will you know when you have achieved this amount?

Actionable / Achievable:

Is your goal attainable in the period provided?

- Yes, as long as I work on it daily I should have no trouble achieving my goal.
- No. After careful consideration, I need to rework the goal so that it is attainable.

