

## SMART Goal Worksheet

**Initial Goal** (Write the goal you have in mind)

1. **Specific** (What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?)
2. **Measurable** (How can you measure progress and know if you've successfully met your goal?)
3. **Achievable** (Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?)
4. **Relevant** (Why am I setting this goal now? Is it aligned with overall values?)
5. **Time-bound** (What's the deadline and is it realistic?)

**SMART Goal:** Review your answers to the questions above and craft a new goal based on what the answers to the questions about have revealed.