

Name: _____ Goal Start Date: _____

Goal Completion date: _____

1. My goal is:

2. This goal is important to me because:

3. Steps to reaching my goal:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



5. Potential problems that might keep me from completing my goal are:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

6. My plan for overcoming the potential problems are:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

SMART Goal Checklist

S PECIFIC <input type="checkbox"/>	Is the goal detailed?
M EASUR- ABLE <input type="checkbox"/>	How will you know when you've completed your goal?
A CHIEVABLE <input type="checkbox"/>	Is the goal possible/realistic?
R ELEVANT <input type="checkbox"/>	Is the goal important to you? Will it be rewarding?
T IME <input type="checkbox"/>	Does the goal have a specific achievement date?

7. I will know I have reached my goal because:

- _____
- _____
- _____
- _____
- _____
- _____

