



S.M.A.R.T Goal Setting Worksheet

Long Term Goal:



<p>S for Specific</p> <p>What exactly would you like to achieve?</p>	
<p>M for Measurable</p> <p>How will you know you achieved your goal?</p>	
<p>A for Action-Oriented</p> <p>What are you going to do to achieve it?</p>	
<p>R for Realistic</p> <p>What could get in your way of achieving your goal?</p>	
<p>T for Timely</p> <p>When will you reach this goal?</p>	
<p>With Help from...</p>	
<p>Celebrate!</p>	

How confident are you that you can attain this goal?

0=Not at all, 10=Extremely confident

0 1 2 3 4 5 6 7 8 9 10

Write Your Thoughts:

A series of 20 horizontal dashed lines for writing, alternating between green and orange colors.