**** SMART GOAL SETTING WORKSHEET

**SMART GOAL CHECKLIST**

Is my goal…?

* SPECIFIC
* MEASURABLE
* ACHIEVABLE
* REALISTIC
* TIME-BOUND

**GOAL #1 WITH A DEADLINE:**

**POSSIBLE OBSTACLES IN ACHIEVING YOUR GOAL:**

1.

2.

3.

**SMART GOAL CHECKLIST**

Is my goal…?

* SPECIFIC
* MEASURABLE
* ACHIEVABLE
* REALISTIC
* TIME-BOUND

**POSSIBLE OBSTACLES IN ACHIEVING YOUR GOAL:**

1.

2.

3.

**ACTION STEPS:**

**1.**

**2.**

**3.**

**4.**

**GOAL #2 WITH A DEADLINE:**

**ACTION STEPS:**

**1.**

**2.**

**3.**

**4.**