

## SMART Goal Setting Worksheet

My Goal...

Why is this goal *really* important to me?

What resources and steps will I need to complete this goal?

### SMART checker

### Is my goal...

#### SPECIFIC –

Is it clear and concise? (e.g. lose 10lbs not just lose weight)

#### MEASURABLE –

Will I know exactly when I have completed my goal & can I track my progress?

#### ACHIEVABLE –

Is it possible if I make the required effort?

#### RELEVANT –

Is it in harmony with my larger life vision, do I care about it?

#### TIME-BOUND –

Have I set a precise start & finish date and time?