

SMART Goals Worksheet

A Practical Tool for Your Success Journey

S – Specific

What exactly do you want to accomplish?

M – Measurable

How will you track progress and know you've succeeded?

A – Achievable

Is this goal realistic and within your reach?

R – Relevant

Why does this goal matter to you right now?

T – Time-bound

What is your deadline? By when will you achieve it?
