

SMART GOAL SHEET

Making your goals **S**pecific **M**easurable **A**chievable **R**elevant and **T**ime will make it more likely you will achieve what you are hoping to achieve. Use the sheet below to plan your goal in as much details as possible.

My goal is:.....

I will take the following SMART steps:

S.....
(Specific)

M.....
(Measurable)

A.....
(Achievable)

R.....
(Relevant)

T.....
(Time specific)

Today's date:

Review date:

I have thought about and/or planned for the following:

- Things that could get in my way and how I will overcome them
- People who might be able to help
- Time I'm going to give it
- How and when I'm going to review my goal
- How I will reward myself if I succeed. Try to make sure you reward yourself with something that isn't food! For example, time for yourself, a luxurious bath, or buying a CD.