

## Your Smart Goals Worksheet

([www.Smart-Goals-Guide.com](http://www.Smart-Goals-Guide.com))

**Name:**

**Date:**

1. Here's what I want to achieve:

2. Here is my main MEASURE or measures for this achievement: (ie what I will see, hear or feel when I have achieved the above).

3. Now here's what I want to achieve stated as a SPECIFIC GOAL which includes my measures:

(Who) I am.....

(How).....

(What).....

(Where).....

(By When).....

It is not necessary to always state 'where'.

4. To finish, run this through the rest of the S.M.A.R.T goal check list ie:

Is what you want ATTAINABLE – i.e. Is it within your control to achieve it? Yes?

Is it REALISTIC for you to achieve it? - Yes?

Is it TIMED? - Yes?

You must answer 'yes' to all these questions. Change section 3 as necessary in order to do so.

Congratulations! – You have just created your SMART GOAL .

NB: Defining your measures is the most important part to successfully and easily creating smart goals.