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🎯 SMART Goals Worksheet

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SMART Goals Worksheet

SMART goals turn big dreams into actionable steps. Use this worksheet to break down your vision into concrete, achievable goals.

What is a SMART Goal?

Specific - Clear and detailed

Measurable - You can track progress

Achievable - Realistic with your resources

Relevant - Aligned with your bigger vision

Time-bound - Has a deadline

Common Mistakes to Avoid

❌ **Too vague:** "Get better at business"

✅ **SMART:** "Complete 5 customer interviews by Jan 15 to validate my business idea"

❌ **No measurement:** "Make more money"

✅ **SMART:** "Earn $500 from my side business by end of Q1"

❌ **Unrealistic timeline:** "Build a $100K business in 2 weeks"

✅ **SMART:** "Launch MVP and get 10 paying customers in 90 days"

SMART Goal Template 1

Rough Goal (start here):

Write your goal as it comes to you - messy is fine

Make it SMART:

S - Specific: What exactly will you accomplish? (Include who, what, where, why)

M - Measurable: How will you track progress? What's the evidence of success?

A - Achievable: What resources, skills, or support do you need? What's your plan?

R - Relevant: Why does this matter? How does it connect to your bigger vision?

T - Time-bound: By when will you complete this? What are your milestones?

Final SMART Goal Statement:

Rewrite your goal in one clear sentence

Action Steps:

This week I will:

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This month I will:

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To reach my goal by [deadline], I will:

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Accountability:

I will share this goal with:

I will check in on progress: (daily / weekly / bi-weekly)

If I get stuck, I will:

SMART Goal Template 2

Rough Goal (start here):

Make it SMART:

S - Specific:

M - Measurable:

A - Achievable:

R - Relevant:

T - Time-bound:

Final SMART Goal Statement:

Action Steps:

This week I will:

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This month I will:

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To reach my goal by [deadline], I will:

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Accountability:

I will share this goal with:

I will check in on progress:

If I get stuck, I will:

SMART Goal Template 3

Rough Goal (start here):

Make it SMART:

S - Specific:

M - Measurable:

A - Achievable:

R - Relevant:

T - Time-bound:

Final SMART Goal Statement:

Action Steps:

This week I will:

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This month I will:

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To reach my goal by [deadline], I will:

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Accountability:

I will share this goal with:

I will check in on progress:

If I get stuck, I will:

Examples of Builder SMART Goals

Business Launch Goals:

✅ "Launch my meal prep service MVP by Feb 1st by creating a simple menu, setting up Venmo, and securing 5 pre-orders from friends and family"

✅ "Complete 10 customer problem interviews by Jan 20th to validate demand for my cleaning service"

✅ "Create and test 3 different pricing models with real customers by end of January to find what works"

Skill-Building Goals:

✅ "Complete the Legacy Rising Module 3 and build my first MVP within 4 weeks"

✅ "Watch 2 YouTube tutorials per week on social media marketing for 8 weeks and post 3x/week on my business account"

✅ "Practice my pitch with 5 people by Jan 25th and refine it based on their feedback"

Financial Goals:

✅ "Earn my first $100 in revenue by Feb 15th by selling [product/service] to at least 3 customers"

✅ "Save $500 in a business fund by March 1st by setting aside $25/week from side gigs"

✅ "Reduce monthly expenses by $200 by Feb 1st by cutting [specific expense] and switching to [alternative]"

Personal Development Goals:

✅ "Practice my builder affirmations daily for 30 days starting today, tracking completion in my journal"

✅ "Attend 3 networking events by end of February and exchange contact info with at least 2 potential collaborators at each"

✅ "Build an accountability partnership with 1 cohort member by Jan 15th and check in weekly via text"

Goal Check-In Template

Use this weekly to track your progress

Week of: _

Goal I'm working on:

Progress this week:

-

-

-

Wins (celebrate!):

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Challenges:

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What I learned:

Next week I will:

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Support I need: