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Self-Assessment

SMART Goals Worksheet

Write your goal here:

Specific
Detailed, particular, focused?

Masurable and Meaningful to You
How much? How many? How will you know when you've achieved it? Does it align with my values?

Action-Oriented and Achievable
Indicates activity and performance? Within my reach?

Realistic and Responsible
Practical and possible? Who/ what else does this goal affect?

Timed Toward What You Want
Deadlines? What do I really want?

- ✓ Define your goal; test its viability and impact; measure the achievement.
- ✓ Set your goals high, but not unattainable.
- ✓ Shoot to meet, and exceed them.
- ✓ You will be inspired to go to new heights.