



# SMART Goal Worksheet

## Your Goal:

Write your goal in one sentence:

## Your SMART Breakdown:

SMART COMPONENT	YOUR RESPONSE
<p><b><u>S</u>PECIFIC</b></p> <p>What exactly do you want to accomplish?</p> <p><i>Example: "I want to lose weight" → "I want to lose 10 pounds by improving my diet and exercising."</i></p>	
<p><b><u>M</u>EASURABLE</b></p> <p>How will you track your progress?</p> <p><i>Example: "I will measure my progress by tracking my weight weekly."</i></p>	
<p><b><u>A</u>CHIEVABLE</b></p> <p>Is this goal realistic and attainable given your current resources and time?</p> <p><i>Example: "I can exercise 4 days a week for 30 minutes and plan my meals."</i></p>	
<p><b><u>R</u>ELEVANT</b></p> <p>How does this goal align with your values or larger life goals?</p> <p><i>Example: "This goal aligns with my value of staying healthy and being active with my family."</i></p>	

**TIME-BOUND**

What is your deadline or timeframe for achieving this goal?

*Example: "I will achieve this goal in 3 months."*

**Your Final SMART Goal Statement:**

Put it all together! Write your SMART goal here:

<p><b>I will...</b></p>	<p><b>by (deadline):</b></p>
	<p><b>to achieve (outcome):</b></p>

**Your Action Plan:**

List 3-5 action steps to achieve this goal:

<b>1.</b>	
<b>2.</b>	
<b>3.</b>	
<b>4.</b>	
<b>5.</b>	