

SMART Goals Worksheet

S pecific	What exactly do I want to do?
M easurable	How will I track my progress? How will I know when I've reached my goal?
A ttainable	With hard work, is it possible for me to reach my goal?
R elevant	Why am I doing this? Is it important to me?
T imely	When will I complete my goal?



Possible barriers to reaching my goal	
Solutions to possible barriers	
Adults I can go to for help, if needed	