Goal Setting Worksheet

S.M.A.R.T. Goal Checklist

- [ ] S - specific
- [ ] M - measurable
- [ ] A - achievable
- [ ] R - relevant
- [ ] T - time-bound

My goal is:

Goal start date:

Goal finish date:

Why is this goal important to me? How will I know I succeeded and how will I feel?

What are the challenges or problems that might arise? How might I overcome them?

What specific actions will help me achieve this goal?