**SMART Goal Setting Worksheet**

**Your initial goal**:

*(write your goal here using any phrasing you see fit)*

1. Make it **SPECIFIC**
   * **What** do you want to achieve?
   * **How** do you want to achieve it?
   * **When**, **where**, and **with whom**?
   * **Why** do you want to achieve this?
   * Other details or observations:

1. Make it **MEASURABLE**
   * What **metrics** will you use to **quantify progress** and **success**?
   * When will you **know when you have achieved** this goal?
2. Make it **ATTAINABLE**
   * Is it **realistic** of you to expect this?
   * Do you have the **skills** required for this goal?
   * If not, **can you obtain said skills**?
   * Is the goal **worth the amount of effort** you need to invest?
3. Make it **RELEVANT**
   * Is this goal **tied to another objective** of yours?
   * Will this goal **bring you closer to said objective**?
   * What makes this goal **important to you**?
4. Make it **TIME BASED**
   * **When/By which date** do you want to achieve this goal?

**YOUR SMART GOAL**:

**Potential obstacles with this goal**:

**Potential solutions to said obstacles**: