**SMARTER Goals Worksheet**

**SPECIFIC: What should my goal be?**

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**MEASURABLE: What actionable steps will I complete to achieve my goal? How can I measure my progress?**

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**ACHIEVABLE: Is this realistic? What might get in my way? What is my plan for dealing with these possible obstacles?**

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**RELEVANT: Why do I want to achieve this goal? What will I gain if I achieve this? What will I miss out on if I don’t?**

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**TIMELY: When should I reach this goal? How long should I work on this?**

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**EVALUATE: How have I been doing so far? Am I on track to meet my goal?**

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**READJUST/REFLECT: What has gone well? What hasn’t? What do I need to change in order to meet my goal? What strategies should I change? What can I celebrate?**

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