

## S.M.A.R.T. GOALS WORKSHEET

This S.M.A.R.T. Goal Worksheet is intended to help you design your goal around your lifestyle and expectations. Remember, for optimal success, it is important to use concise language and be as honest as possible.

<b>Specific</b>	Write the specifics of your goal.
<b>Measurable</b>	How will you measure your progress and know if you are successful?
<b>Action-Oriented</b>	List action steps containing verbs you will take to achieve your goal.
<b>Realistic</b>	Can you achieve this goal? How do you know? What are your obstacles and how will you overcome them?
<b>Time-Bound</b>	What is the deadline for your goal?
<b>Initial Goal</b>	Now that you have created your S.M.A.R.T. metrics write your goal combining the statements above.

You may find yourself repeating some statements or ideas across the metrics. That is okay as this repetition will reinforce the goal and help you adapt it to your lifestyle.