

SMART GOAL WORKSHEET

Today's Date: _____ Target Date: _____

Start Date: _____ Date Achieved: _____

Answer the following and see yourself succeed when you can begin with the end in mind.

Using the two-sentence structure below fill in the blanks for your GOAL (desired outcome):

I am so happy and grateful now that

It makes me feel _____.

Use the following to breakdown the action steps to plan out, execute and achieve your goal.

Specific: Answer the following: Who? What? Where? When? How? Which? And add any additional details:

Measurable: Track your progress / Break it down / (Lbs per week, sales per day, minutes per hour) Amount:

Achievable: This should be achievable but not outrageous. I can achieve my goal? It is realistic? YES or YES (there is only one answer to this question)

Relevant: Why is this important to you? How will reaching this goal improve your life? What prices am I willing to pay? What will I need to give up in order to achieve what I desire?

Timely: When will you accomplish this? Nothing gets accomplished without a deadline.
