

SMART

OBJECTIVES WORKSHEET

<p>Write down your goal in a few words. My goal is to:</p>			
<p>SPECIFIC</p> <p><i>What do you want to accomplish? List at least three action steps you will take (be specific).</i></p>	Step 1:	Step 2:	Step 3:
	<p>I will measure/track my goal by using the following numbers of methods (add measurement details):</p>		
<p>MEASURABLE</p> <p><i>How will you know you have succeeded?</i></p>	<p>I will know I have reached my goal when:</p>		
	<p>Things I need to learn are:</p>		
<p>ATTAINABLE</p> <p><i>What additional resources do you require for success? List the things you need to learn or the people you can talk for support to achieve your goal.</i></p>	<p>People I can ask for support:</p>		
	<p>Things that motivates me of reaching my goal are:</p>		
<p>RELEVANT</p> <p><i>Is this goal meaningful to you- or just something others think you should do? Would this goal delay or preventing you from achieving a more important goal?</i></p>	<p>I will reach my goal by date:</p>		
	<p>Additional dates and milestones I will aim for:</p>		
<p>TIME-BOUND</p> <p><i>What is the deadline for achieving this goal?</i></p>	<p>I will reach my goal by date:</p>		
	<p>Additional dates and milestones I will aim for:</p>		