

S.M.A.R.T Goal Worksheet



Initial goal	Write the goal you have in mind
Specific	What would you like to achieve? Who needs to be involved and when would you like to achieve your goal?
Measurable	How can you measure your goal and how will you know when it's been achieved?
Achievable	What is the motivation for this goal? Is it realistic?
Relevant	Why have you set this goal?
Time-bound	What is the deadline and is it realistic?

Filling this out will also enable you to take a look back at the changes you have made and how far you have come since you began the course.