



Smart Goals Worksheet

Goal #1	
How is this specific?	
How will you measure this goal?	
What skills and tools do you need to attain this goal?	
How realistic is this goal? Will you need to adjust it?	
By what date (time) will you complete this goal?	

Goal #2	
How is this specific?	
How will you measure this goal?	
What skills and tools do you need to attain this goal?	
How realistic is this goal? Will you need to adjust it?	
By what date (time) will you complete this goal?	

Goal #3	
How is this specific?	
How will you measure this goal?	
What skills and tools do you need to attain this goal?	
How realistic is this goal? Will you need to adjust it?	
By what date (time) will you complete this goal?	