

S.M.A.R.T Goal Worksheet

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Brainstorm the areas of your life that you would like to set goals for.

Work	Family	Personal

Time to create a S.M.A.R.T Goal! Choose one of the ideas you brainstormed above.

What goal idea did you pick? _____

Specific <ul style="list-style-type: none">• What is it that you specifically want?• i.e. to lose weight, to organize a certain room, create more home-cooked meals.	
Measurable <ul style="list-style-type: none">• How will you know you have met this goal?• i.e. # of pounds, # of hours, # of miles, # of times per week	
Attainable <ul style="list-style-type: none">• How are you going to reach this goal?• i.e. running, eating healthy, downsizing, donate items, join an exercise class	
Relevant <ul style="list-style-type: none">• Is this a goal that is important for you to reach? Is it worth your time?• If the answer is no, consider tweaking your goal to make it worth working towards.	
Time- Specific <ul style="list-style-type: none">• When will you have reached this goal by?• i.e. days, weeks, months, specific date?	

Now write your S.M.A.R.T Goal? _____

Congratulations, you did it! Now go post this goal somewhere so that you can see it frequently and go tell someone to help keep you accountable!