



SMART Goal Worksheet

Name:		Date:	
SMART Goal (Specific, Measurable, Achievable, Relevant, Time bound)			
BENEFITS of Achieving this Goal			
STEPS of ACTION for Achieving this Goal			
1.			
2.			
3.			
4.			
5.			
Possible OBSTACLES		Possible SOLUTIONS	
1.		1.	
2.		2.	
3.		3.	