

GOAL SETTING WORKSHEET

Goal setting is a powerful tool for personal growth and achievement. The SMART criteria—Specific, Measurable, Achievable, Relevant, and Time-bound—help ensure that goals are well-defined and attainable. This brings clarity, focus, and accountability to your aspirations.

S

Specific: What do I want to accomplish and why?

M

Measurable: How will I know when I have accomplished it?

A

Attainable: How can I accomplish this goal?

R

Relevant: Is this the right time for me to be working towards this goal?

T

Timebound: When do I want to accomplish this goal?

GOAL TRACKER

Goal: _____

Milestones/Steps to Achieve it:

What I need

How to get what I need

Notes: