**SMART Goals Worksheet**

**Specific**—State your short-term SMART Goal:

___________________________________________________________________
___________________________________________________________________

What? | Who with?  
---|---

When? | Where?  
---|---

Why? | How?  
---|---

**Measurable**—Does your goal have a “number” so you can tell how close you are to reaching your goal? Fill it in below.

<table>
<thead>
<tr>
<th>How much?</th>
<th>How many?</th>
<th>How often?</th>
</tr>
</thead>
</table>

**Appropriate**—How do you feel about trying to reach this goal?

___________________________________________________________________

Does this goal lead to your long-term goal?  □ Yes  □ No

**Realistic**—Do you have the time, equipment, transportation, support, and other resources you need to reach this goal?  □ Yes  □ No

Will it be too easy or too hard to reach this goal?  □ Yes  □ No, just the right amount of difficulty

**Timely**—What is the date on which you will start working on your goal?

___________________________________________________________________

What is the date on which you plan to complete it? ____________________

Can you meet these dates?  □ Yes  □ No

What is the reward you’ll earn by meeting this goal?

___________________________________________________________________

**To be filled in after the date you planned to complete your goal:**

Did you meet your goal?  □ Yes  □ No
**SMART Goals Worksheet**

**Specific**—State your short-term SMART Goal:

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**Appropriate**—How do you feel about trying to reach this goal?

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Does this goal lead to your long-term goal?  Yes  No

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**Timely**—What is the date on which you will start working on your goal?

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What is the date on which you plan to complete it? ________________

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To be filled in after the date you planned to complete your goal:

Did you meet your goal?  Yes  No

---

Date: ______________