

## SMART GOAL Setting Worksheet

**My Goal is:**

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**My plans and Specific Strategies (My SMART Goal Road-Map) to Achieve My Goal:**

a) \_\_\_\_\_

\_\_\_\_\_

b) \_\_\_\_\_

\_\_\_\_\_

c) \_\_\_\_\_

\_\_\_\_\_

**Pros and Cons for Each Plan or Strategy in Achieving my Goal:**

a) \_\_\_\_\_

\_\_\_\_\_

b) \_\_\_\_\_

\_\_\_\_\_

c) \_\_\_\_\_

\_\_\_\_\_

**My chosen plan or strategy is:**

\_\_\_\_\_

\_\_\_\_\_

**Action Steps to Take to Achieve my Goal:**

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_

**Time-line for Reaching my goal:**

- a) \_\_\_\_\_

**Plan B in the event I do not reach my goal as planned:**

- a) \_\_\_\_\_

**Checklist:**

- 1) Is my Goal **Specific**?
- 2) Is my goal **Measurable**? **How will I measure my goal setting efforts?**
- 3) Is my goal **Attainable**?
- 4) Is my goal **Realistic**?
- 5) Is my goal **Timely**?

**Who will hold me accountable in reaching my goal:**

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