

# SMART Goal Worksheet

Name: \_\_\_\_\_

Mentor Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_ Target Date: \_\_\_\_\_ Start Date: \_\_\_\_\_

Goal: \_\_\_\_\_

## Verify that your goal is SMART

**Specific:** *What exactly will you accomplish?*

---

---

---

**Measurable:** *How will you know when you have reached this goal?*

---

---

**Achievable:** *Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?*

---

---

---

**Relevant:** *Why is this goal significant to your life?*

---

---

---

**Timely:** *When will you achieve this goal?*

---

---

---

**This goal is important because:**

---

---

**The benefits of achieving this goal will be:**

---

---

---

## **Take Action!**

**Potential Obstacles**

**Potential Solutions**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---