

SMART Goals Worksheet

Name of client: _____ Date: _____

Complete the worksheet by formulating SMART goals aims to assist you in assessing the feasibility of your objectives and establishing a timeframe.

SMART criteria	
S Specific	What is the goal you want to achieve? Why is this goal important to you? What will the outcome look like?
M Measurable	How will you measure progress? What are the specific metrics or indicators? How often will you measure your progress?
A Achievable	Is the goal realistic and attainable? What resources or support do you need? What potential obstacles do you foresee?
R Relevant	Does the goal align with your values and long-term objectives? How will achieving this goal positively impact your life? Is it the right time to pursue this goal?
T Time-bound	What is the deadline for achieving the goal? Are there smaller deadlines or milestones along the way? How will you stay on track with the timeline?
Notes	