

# SMART Goals Worksheet

Name of Client: \_\_\_\_\_ Date: \_\_\_\_\_

Formulating S.M.A.R.T. Goals aims to assist you in assessing the feasibility of your objectives and establishing a timeframe.

SMART Criteria	
<b>S</b> <i>Specific</i>	<b>What is the goal you want to achieve? Why is this goal important to you? What will the outcome look like?</b>
<b>M</b> <i>Measurable</i>	<b>How will you measure progress? What are the specific metrics or indicators? How often will you measure your progress?</b>
<b>A</b> <i>Achievable</i>	<b>Is the goal realistic and attainable? What resources or support do you need? What potential obstacles do you foresee?</b>
<b>R</b> <i>Relevant</i>	<b>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?</b>
<b>T</b> <i>Time-bound</i>	<b>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?</b>

Counselor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_