

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

Counselor's Signature: _____ Date: _____

Counselor's Name: _____