

SMART GOAL WORKSHEET:

Visit our Virtual Y and watch our SMART Goal video.

GOAL:

S	Specific	Make your goal clear and narrow for more effective planning.	
M	Measurable	Define how you will track your progress. Set milestones and re-evaluate as needed.	
A	Achievable	Ensure that you can reasonably accomplish your goal within a certain timeframe.	
R	Relevant	Align your goal with your values and broader, long-term objectives.	
T	Time-Based	Set a realistic end-date to motivate you and help you prioritize tasks.	