

## SMART Goal Setting Worksheet

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What single goal do you want to set for yourself and work towards?

**WHAT is your goal? Be specific.**

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**WHAT do you need to consider before committing to this goal?**

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**WHY do you want to set this goal?**

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**WHAT steps do you need to take to achieve this goal?**

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**HOW are you going to prioritise these steps?**

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**WHAT** obstacles may come up?

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**WHAT** possible resources, support or solutions can I use for these obstacles?

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**WHEN** are you going to commit time to this goal? How much time and how often?

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**WHEN** am I going to achieved my goal by? Write a date and commit to it.

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**The SMART checklist**

- Is my goal specific?** What do you want? Why do you want it?
- Is my goal measurable?** How long? How often?
- Is my goal achievable?** Remember do what you promise yourself, so make sure it is something you are capable of working towards based on how things are right now for you.
- Is my goal realistic?** Is it something you are willing to commit time, energy and effort to? Does it mean something to you and is something that you value?
- Is my goal something time-based?** Can I achieve it using my pacing principles over the next 12 weeks?