

S.M.A.R.T. GOAL WORKSHEET

Answer the following questions about your goals using as much detail as possible.

		Long-Term Goal	Short-Term Goal
Specific	Who, what, why, where, when?		
Measurable	How will you measure/track your progress?		
Attainable	What do you need to do to make this possible?		
Relevant	Why is it important to your other goals?		
Timely	What is the deadline? Why?		

Long-Term Goal:

Short-Term Goal: