SMART Goal Worksheet

Turn a wish into a goal you can act on. Print one page per goal

My goal

S — **Specific.** What exactly will I do?

M — **Measurable.** What number or proof shows progress?

A — **Achievable.** What makes this doable for me now?

R — **Relevant.** Why does this matter this year?

T — **Time-bound.** By when, and what are the check dates?

What could get in the way

My plan if it does

My reward when I get there

Free sample page from the Goal Setting Worksheet Printable Set by VARS Digital. The full set: varsdigital.app/p/goal-setting-worksheet-printable-set/