**SMART Goal Worksheet**

***Start with the idea of what you'd like to achieve:***

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| **Specific**   * What is the desired result? (who, what, when, why, how) |  |
| **Measurable**   * How can you quantify (numerically or descriptively) completion? * How can you measure progress? |  |
| **Attainable**   * What skills are needed? * What resources are necessary? * Are you prepared to make the commitments necessary in order to achieve |  |
| **Realistic**   * You should shoot for the moon but does the goal violate any physical laws of time or space |  |
| **Time Certain**   * What is the date you will achieve? |  |

***Final Goal – write out your final goal that will meet the SMART criteria***