

## SMART GOAL WORKSHEET

<b>Name:</b>	<b>Date:</b>
<b>SMART Goal: Specific, Measurable, Ambitious/Achievable, Relevant, and Time bound</b>	

<b>BENEFITS of Achieving This Goal</b>

<b>STEPS of ACTION for Achieving This Goal</b>
1.
2.
3.
4.
5.

<b>Possible OBSTACLES</b>	<b>Possible SOLUTIONS</b>
1.	1.
2.	2.
3.	3.