



Do good. **Better.**

S.M.A.R.T. Goals Worksheet

SPECIFIC

State what you want to accomplish and the benefits of achieving this goal.

MEASURABLE

How will you measure your progress? How will you know you've accomplished this goal?

ACHIEVABLE

What steps do you need to take to accomplish this goal?

RELEVANT

Why is this goal worthwhile? Do you have the necessary resources to accomplish this goal?

TIME-BOUND

How long will it take to accomplish this goal? Write down your target deadline.
