

SMART goals

This worksheet can help you formulate goals that you can later achieve.

After all, the 5 words that formed the acronym SMART are criteria that, once applied, transform the way we set our goals.

SMART purpose component	YES	NO	What needs to be changed, added or removed?
Specific 1. Is what I want clear? 2. Are my goals specific and concrete?			
Measurable 1. Can my goals be measured? 2. Will I be able to measure my success?			
Achievable 1. Can my goals be achieved with what I possess now (skills, knowledge, etc.)?			
Realistic 1. Can what I want be accomplished? 2. Can I accomplish my goals alone or with help?			
Time-oriented 1. Is it the right time to start? 2. Is the time I spent enough?			

In the space below, formulate your goals according to the SMART structure.

Purpose 1

Purpose 2
