



# SMART Goal Worksheet

## Goal:

<b>Achieve</b> <i>Non-fuzzy action verb</i>	
<b>Outcome</b> <i>Specific end result</i>	
<b>When?</b> <i>Specific end date</i>	

## Goal (Achieve • Outcome • When?)

## Evaluate:

Is the Goal Statement:

- Specific and Measurable?
- Motivating?
- Attainable?
- Relevant?
- Trackable?

**Answer:** \_\_\_\_\_

**If not, write a revised SMART Goal Statement:**



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