



Coach Karen's

easy

Goal Setting

S

Specific

SMART

M

Measurable

Goals

A

Attainable

Worksheet

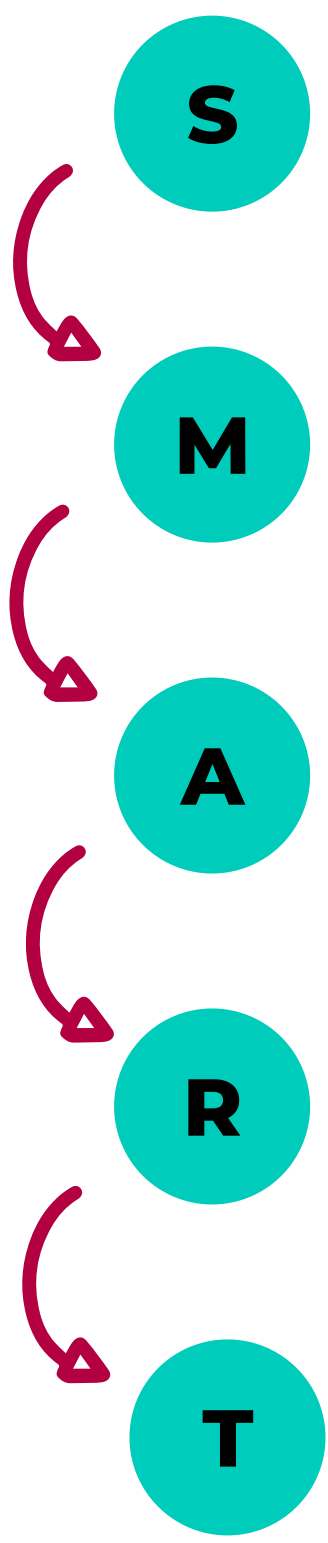
R

Realistic

T

Time-bound

SMART GOAL SETTING



S

Specific

What do you want to achieve?
Why do you want to achieve it?
Do you need any support- personal, professional, material?

M

Measureable

How will you measure your progress?
Do you need to set benchmarks along the way?
How will you know when you have met your goal?

A

Attainable

Are you capable of reaching this goal?
Do you need to build additional skills?
Do you need to acquire additional materials?

R

Relevant

How will achieving this goal affect you?
What is the impact of this goal on you and others?
Does this goal help move me on my life's path?

T

Time-Based

What is the timeline of this goal?
Is there a firm deadline?
What happens if the timeline shifts?
Is this the right time in my life to reach for this goal?

MY SMART GOAL:

SPECIFIC

MEASUREABLE

ATTAINABLE

RELEVANT

TIME-
BASED

My SMART goal
is...