


Smart Goal Sheet

Goals: Some are short-term, some are long-term and some are hard to put in a time frame. Whatever the situation, goals are important. They give us something to work towards, and a reason to pat ourselves on the back when we've reached them. The SMART framework below can help you on your way.

Next steps

1. Download 
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My goal is: _____

I will take the following SMART steps:

S _____

(Specific)

M _____

(Measurable)

A _____

(Achievable)

R _____

(Relevant)

T _____

(Time specific)

Today's date: _____ Review date: _____

I have thought about and/or planned for the following:

Things that could get in my way and how I will overcome them.

People who might be able to help.

Time I'm going to give it.

How and when I'm going to review my goal.

How I will reward myself if I succeed.

(Try to make sure you reward yourself with something that isn't food! For example, time for yourself, a luxurious bath, or new clothes.)