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**Set a SMART Goal**

**You Can Do It!**

You climb a mountain by focusing on the path before you rather than the peak. Making sure you’re taking SMART steps will help you reach the top! Use this worksheet to write out your goals. It will help you keep track of your progress, and also help you stay focused on achieving your ultimate goal.

Today’s Date: \_\_\_\_\_\_\_\_\_\_ Start Date: \_\_\_\_\_\_\_\_\_\_\_\_ Date Achieved:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Goal:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Make sure that your goal is **SMART**

**S**pecific: What exactly will you accomplish?

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**M**easurable: How will you know when you have reached this goal?

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**A**chievable: Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal?

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**R**elevant: Why is achieving this goal important?

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**T**imely: When will you achieve this goal?

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