



# SMART Goal-Setting Worksheet

Name \_\_\_\_\_ Date \_\_\_\_\_

## My Goal Statement

Why this goal important to me \_\_\_\_\_

How will I reach this goal? List 3 action steps you'll take (be specific)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Skills and resources I'll need:

I will reach my goal by (date) \_\_\_\_/\_\_\_\_/\_\_\_\_

Additional dates and milestones I'll aim for

The obstacles I may face are:

I will overcome these obstacles by:

I will reward myself when I achieve my goal by: