Smart Goals Worksheet

Today’s Date: ___________ Target Date: ___________ Start Date: _______________

Date Achieved: _______________

Goal: ____________________________________________________________________________________________

Verify that your goal is SMART

**Specific:** What exactly will you accomplish?

________________________________________________________________________________________

________________________________________________________________________________________

Measurable: How will you know when you have reached this goal?

________________________________________________________________________________________

________________________________________________________________________________________

Attainable/Action-Oriented: Is achieving this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them? What are the exact steps you should take to accomplish this goal?

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________________________________________________________________________________________

Relevant/Realistic: Why is this goal significant to your life?

________________________________________________________________________________________

________________________________________________________________________________________

Timely: When will you achieve this goal?

________________________________________________________________________________________

________________________________________________________________________________________

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