

SMART Goal Worksheet

<p>What would you like to accomplish this year? <i>What is your specific goal?</i></p>	
<p>Do you have complete control over making this happen? <i>Is your goal attainable?</i></p>	<p> <input type="checkbox"/> YES <input type="checkbox"/> NO If no, revise your goal below so it is within your control </p>
<p>Do you have everything you need to meet this goal? <i>Is your goal realistic?</i></p>	<p> <input type="checkbox"/> YES <input type="checkbox"/> NO If no, revise your goal below so it is more realistic </p>
<p>What is your revised goal for this year? <i>Rewrite your goal here only if you checked no on either of the previous questions</i></p>	
<p>How will you know if you accomplished your goal? <i>Make your goal measurable</i></p>	
<p>When will you complete your goal? <i>Make your goal timely</i></p>	
<p>How will you work toward your goal? <i>Record To Do's that will help you meet your goal</i></p>	<p>1</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <p>2</p>