

SMART Goals Worksheet™

Make sure your goals are specific, measurable, action-oriented, results-oriented, and time-bound. See pages 73-74 of Your Life by Design™.

Goal: _____

What will you do? What specifically is your goal? Provide as many details as possible.

How will you measure or evaluate achievement of the goal? _____

What is your first action step? What are the successive steps? What do you need to change or stop doing? _____

How is this goal related to your vision? What is the compelling why? What will the result be? _____

When will you achieve the goal? _____

