

SMART Goal Setting Worksheet

Step 1: Write down your goal in as few words as possible.

My goal is to:

Step 2: Make your goal detailed and SPECIFIC. Answer who/what/where/how/when.

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

1.

2.

3.

Step 3: Make your goal MEASUREABLE. Add details, measurements and tracking details.

I will measure/track my goal by using the following numbers or methods:

I will know I've reached my goal when

Step 4: Make your goal ATTAINABLE. What additional resources do you need for success?

Items I need to achieve this goal:

How I'll find the time:

Things I need to learn more about:

People I can talk to for support:

Step 5: Make your goal RELEVANT. List why you want to reach this goal:

Step 6: Make your goal TIMELY. Put a deadline on your goal and set some benchmarks.

I will reach my goal by (date): ___/___/___.

My halfway measurement will be _____ on (date) ___/___/___.

Additional dates and milestones I'll aim for:

(Adapted from Spark People SMART Goals)

Need help setting realistic goals? Join our What's Working, What Doesn't, & Why call or our Side Business Struggles call. Free to NLBP Members and those joining us for the first time. Go to www.TheNaturalLife.org to learn more about the benefits of membership.