



SMART GOALS WORKSHEET

SMART goals are Specific, Measurable, Attainable, Relevant, and Time-Based. SMART goals allow you not only to set a goal but to create a plan to reach it. Fill out this worksheet then upload it to your MyCoalition Locker.

SPECIFIC

What is your goal? Describe it with as much detail as you can.

MEASURABLE

How will you know if you've been successful?

ATTAINABLE

Is your goal realistic? What are the steps you'll need to take to achieve it?

RELEVANT

Why are you setting this goal now?

TIME-BASED

How long will it take you to achieve your goal?