**SMART Goal Worksheet**

***Start with the idea of what you'd like to achieve:***

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| **Specific*** What is the desired result? (who, what, when, why, how)
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| **Measurable*** How can you quantify (numerically or descriptively) completion?
* How can you measure progress?
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| **Attainable*** What skills are needed?
* What resources are necessary?
* Are you prepared to make the commitments necessary in order to achieve
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| **Realistic*** You should shoot for the moon but does the goal violate any physical laws of time or space
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| **Time Certain*** What is the date you will achieve?
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***Final Goal – write out your final goal that will meet the SMART criteria***