

Smart Goal Sheet

Goals: Some are short-term, some are long-term and some are hard to put in a time frame. Whatever the situation, goals are important. They give us something to strive toward, and a reason to pat ourselves on the back when we've reached them. The SMART framework below can help you on your way.

You can type into this form

- 1) Press Fill and Sign.
- 2) Add text.
- 3) Hoover over where you want to type into the form.
- 4) Press file save OR print and pin and up.

My goal is: _____

I will take the following SMART steps:

S _____

(Specific)

M _____

(Measurable)

A _____

(Achievable)

R _____

(Relevant)

T _____

(Time specific)

Today's date: _____ Review date: _____

I have thought about and/or planned for the following:

Things that could get in my way and how I will overcome them.

People who might be able to help.

Time I'm going to give it.

How and when I'm going to review my goal.

How I will reward myself if I succeed.

(Try to make sure you reward yourself with something that isn't food! For example, time for yourself, a luxurious bath, or buying a CD.)