

S.M.A.R.T. Goal Worksheet

Today's Date: _____ Target Date: _____ Start Date: _____

Completion Date: _____

Goal:



Is this a S.M.A.R.T goal? Yes No

Specific: What exactly will you accomplish?

Measurable: How will you know when it is accomplished?

Attainable: Is this goal realistic given your other commitments and current skills and knowledge?

Relevant: How does this goal relate to other aspects of your practice?

Time-Bound: When do you plan to accomplish this goal?