

# SMART Goal Setting Worksheet

What is my goal?

Why is it important?

## Is my goal SMART?

**S**pecific

Is the goal clearly written, with no ambivalence?

**M**easurable

Does the goal answer the questions of how many, how much, and/or how often?

**A**ttainable

Is the goal challenging, but possible for you to achieve?

**R**elevant

Will achieving the goal be an important step in my spiritual path or life path?

**T**ime-bound

Does the goal state a clear and specific completion date?

What are the potential obstacles  
I will need to overcome?

What are the potential resources  
available to me?

# SMART Goal Action Plan Worksheet

I will achieve my goal before:

I will take the following action steps to get there:

Action	Resources needed	Due date	Done
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
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			<input type="checkbox"/>
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**Mark that as a win!**