Smart Goal Worksheet

Step 1: The First Reality Check

Remember that small realistic changes are more likely to become part of your everyday life and therefore be maintainable. A helpful goal is a goal that will build your confidence and provide positive momentum. A helpful goal is easily achievable and relevant to your current life. A helpful goal is not something that makes you feel punished, judged, or like a failure. Keep these principals in mind as you create your goals.

Step 2: Pick 1 or 2 things that you want to work on now.

Reflect on your motivation.

I would like to work on...

________________________________________  I would like to work on...

________________________________________  ______________________________________

________________________________________

because...

________________________________________  because...

________________________________________  ______________________________________

________________________________________

Worksheet is adapted and used with the permission of Momma Strong (www.mommastrong.com)
Step 3: First Draft
Write a first draft of your goal(s).

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Step 4: Is your goal(s) SMART?
Let’s check.

Specific (What exactly am I hoping to accomplish)
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Measurable (How will I know when I have accomplished it?)
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Achievable (Is this realistic for me right now? Will I require extra resources and support? Can I access these easily?)
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Relevant (Why is this significant to me?)
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Timely (When do I expect to achieve this goal(s)? [We suggest at least 2-3 weeks, while some goals may take months or years to accomplish.])
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Step 5: Re-write your goal(s) ensuring that it is SMART.

__________________________________________________________

__________________________________________________________

Step 6: Confidence Check

Using the scale below, select your level of confidence in achieving your goal(s). If your confidence level is less than 9 consider changing your goal(s) to make it easier. If your confidence level is less than 7 definitely change your goal(s) to make it easier.

1  No way I can do that.
2  I am confident I can do that.
3  I am pretty sure I can do that.
4  I really want to do that, but I don't think it is likely I can do it to the extent I want to.
5  If I try really hard I think I can do that.
6  I think I can do that.
7  I am pretty sure I can do that.
8  I am very confident I can do that.
9  I can do that no problem!

Step 7: Final Goal

Write a nice final draft of your goal(s) and consider cutting it out to post on your fridge, bulletin board, etc.

My Smart Goal

__________________________________________________________

__________________________________________________________

My Smart Goal

__________________________________________________________

__________________________________________________________