



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...

because...

I would like to work on...

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).

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Step 4: Is your goal(S) SMART?

Let's check.

Specific (What exactly am I hoping to accomplish)

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

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

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Relevant (Why is this significant to me?)

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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.]

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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 won't be able to do that.	3 I am pretty sure I won't be able to 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 I'm not sure if I can do that.	6 If I try really really hard I think I can do that.	7 I think I can do that.	8 I am pretty sure I can do that.	9 I am very confident that I can do that.	10 I can do that no problem!
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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
