

S.M.A.R.T. Goals Work Sheet

Pick your top three goals and turn each into a S.M.A.R.T. goal.

#1 Specific: _____
G Measurable: _____
O Adjustable: _____
A Realistic: _____
L Time-Oriented: _____

#2 Specific: _____
G Measurable: _____
O Adjustable: _____
A Realistic: _____
L Time-Oriented: _____

#3 Specific: _____
G Measurable: _____
O Adjustable: _____
A Realistic: _____
L Time-Oriented: _____