

SMART Goals Worksheet



SMART stands for:

Specific
Measurable
Attainable
Relevant
Timely

On completing this booklet you should be able to...

- Set a goal for yourself
- Pick a goal you know you can achieve
- Make sure you can chart the success of your goal
- Know why your goal is worth the effort
- Know when your goal should become a reality

This is a [Journey to Work](#) resource

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SPECIFIC



Make your goal **SPECIFIC**.
What do you want to achieve?

Handwriting practice lines for the SPECIFIC section, consisting of 10 rows of dashed lines on a light blue background.

MEASURABLE

Make your goal **MEASURABLE**.
How will you know when you have
achieved your goal?



Handwriting practice lines for the MEASURABLE section, consisting of 10 rows of dashed lines on a light blue background.

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ATTAINABLE



Make your goal ATTAINABLE.
How can the goal be accomplished?

Ruled lines for writing the answer to the ATTAINABLE question.

RELEVANT



Make your goal RELEVANT.
Is this goal worth working hard towards? Explain why.

Ruled lines for writing the answer to the RELEVANT question.

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TIMELY

Make your goal **TIMELY**.

By when will this goal be accomplished?



**When we set goals which
matter to us... goals which
we know we can achieve...**

**We are taking an
important step
to a better future.**

