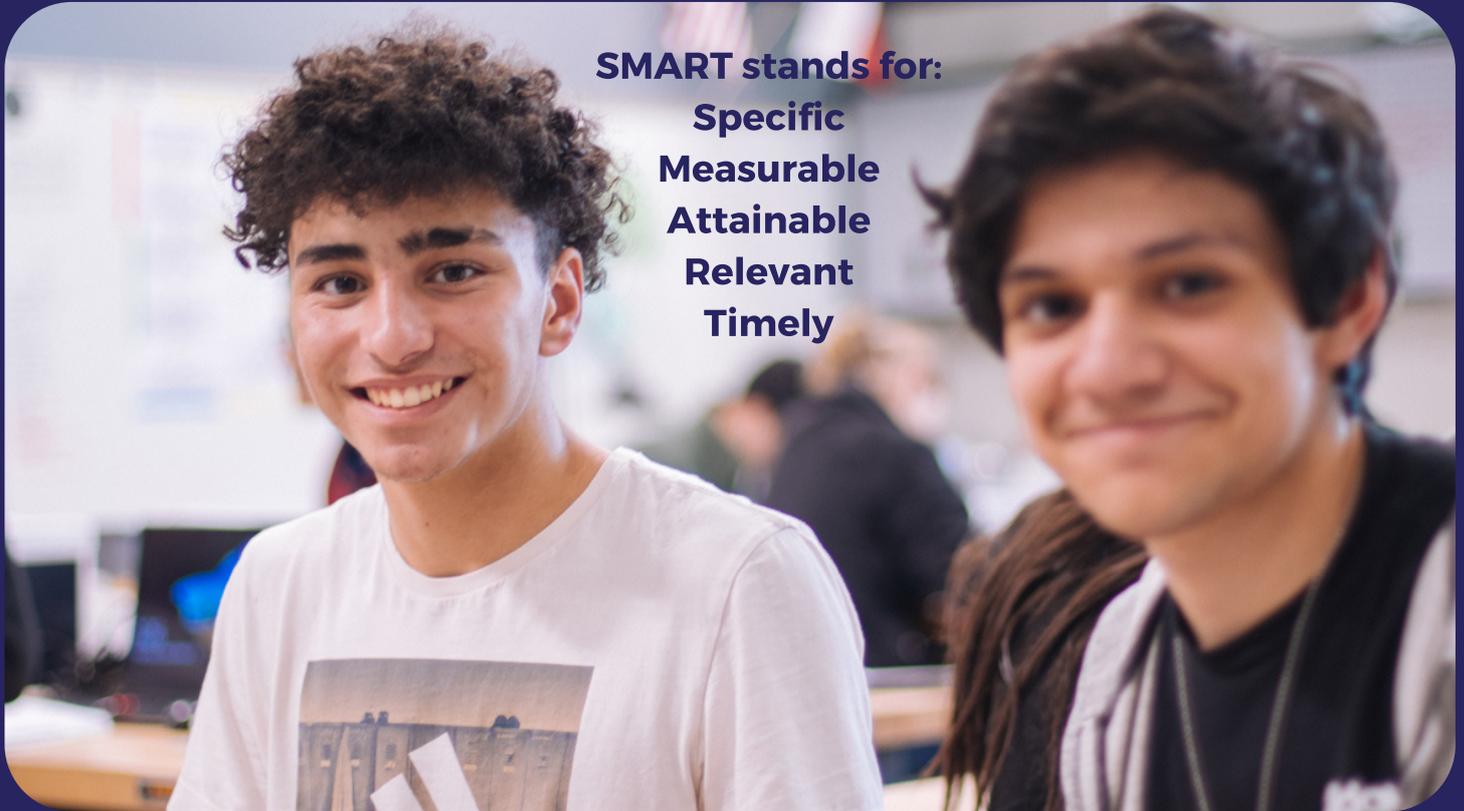


SMART Goals Worksheet



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



SMART Goals Worksheet



SPECIFIC

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

A large rectangular area with a dark blue border, containing ten horizontal dashed lines for writing.

MEASURABLE

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

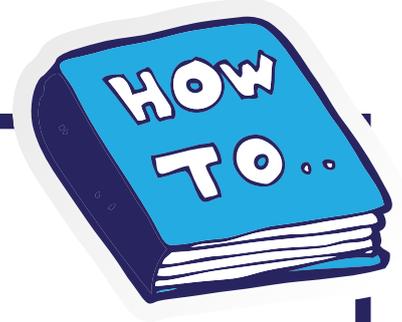


A large rectangular area with a dark blue border, containing ten horizontal dashed lines for writing.

SMART Goals Worksheet



ATTAINABLE



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

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RELEVANT



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

A large rectangular area with a dark blue border, containing ten horizontal dashed lines for writing.

SMART Goals Worksheet



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.

