

SMART Goal Worksheet

Prior to using SMART goals, I found goals to be helpful, but they didn't significantly change my life. So when I first heard about SMART goals, I figured it was just more of the same: how to set a *slightly* different goal that didn't do much.

It took seeing SMART goal examples before I understood exactly how they worked. *And why they were so powerful.*

SMART is an acronym for a very effective goal-setting strategy, namely:

Specific
Measurable
Achievable
Relatable
Timely

Use the worksheet on the next two pages as a guide to developing your own SMART Goals.

Print out as many copies of the next two pages as you need.

And if you're new to SMART Goals, start with making just one goal, and try it out for size.

For a more in-depth explanation of SMART Goals, or to see more examples, go [here](#).

If you have questions or comments, or want to submit your examples of SMART Goals, I'd love to hear from you on [the Market Expander website](#).

[Here's where the SMART Goal Worksheet came from.](#)

SMART Goal Setting

Specific

Begin by being as specific as possible about your goal. Keep asking “How?” until you’ve gotten you goal laser-focused.

Ex: Instead of saying, “I’m going to lose 10 lbs.,” say, “I’m going to do a half hour Yoga class 3 days a week and run 5 miles, 3 days a week to lose 10 lbs.”

Your Turn: _____

Measurable

If you can’t measure it, you can’t achieve it. That’s the principle here. State your goal so it can be measured.

Ex: Instead of saying, “I’m going to eat healthy this week,” say, “I’m going to eat a piece of fruit every lunch, and vegetables at every dinner, every day this week.”

Your Turn: _____

Achievable

Here’s where a lot of goal setting breaks down: you actually have what you need, to be able to achieve your goal. **Are you able to make it happen?**

Ex: Instead of saying, "I'm going to vacation in Europe," when you don't have any money saved up, say, "I'm going to spend an extra 2 hours a day working to save up \$5,000 for a trip to Europe."

Your Turn: _____

Relatable

This is the other place where a lot of goal setting breaks down: **can you actually see yourself achieving your goal?** The importance of this cannot be understated.

Ex: Instead of saying, "I'm going to save money for a rainy day," when you really can't see how you'll do it, say, "I'm going to deliver pizzas three evenings a week and save that money for emergencies."

Your Turn: _____

Timely

Your SMART Goal needs to have **a time limit on it.**

Ex: Instead of saying, "I'm going to declutter my office," say, "I'm going to have my office decluttered three weeks from today."

Your Turn: _____

Using the example from #5, Timely, here's a model SMART goal:

I'm going to come 15 minutes early to work for the next three weeks and spend that time decluttering. By the end of three weeks, the office will be completely decluttered.

This is **S**pecific, **M**easurable, **A**chievable, **R**elatable, and **T**imely.

Now it's your turn.

Combine all your statements, and write out your SMART goal.

*Remember, make your goal **S**pecific, **M**easurable, **A**chievable, **R**elatable, and **T**imely.*
