



# SMART Goal Worksheet

Chapter: *Essential Life Skills* Name: \_\_\_\_\_ Date: \_\_\_\_\_

SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound. Write one real goal for this program, then a second personal goal.

**Specific - exactly what will you do?**

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**Measurable - how will you track your progress?**

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**Achievable - what steps make it possible?**

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**Relevant - why does it matter to your career?**

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**Time-bound - what is your deadline?**

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**Second goal (personal), written the SMART way:**

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