

MMK SMART Goal Worksheet



Today's Date: _____ Target Date: _____ Start Date: _____

Date Achieved : _____

Goal: _____

Is your goal SMART?

Specific: What exactly will you accomplish?

Measurable: How will you know when you reach this goal? How can you measure?

Achievable: Is achieving this goal realistic with effort and commitment?

Realistic(Relevant): Why is this goal significant to your life?

Timely: When will you achieve this goal?

