

SMART Goal Setting: Worksheet

In the "Goal" section write down what your overall goal is (*e.g., to eat healthier*)

	Goal 1:	Goal 2:
S		
M		
A		
R		
T		



Paraphrase your goal

In the spaces provided try to work as many of the elements from above into generating a coherent goal statement. If you need to you can incorporate other goals into these statements (i.e. if a goal is a part of a bigger picture goal).

Goal 1:

Goal 2:



What Are Some of your Goals?

SMART is not a system that is able to accomplish your goals for you, but it can significantly help you accomplish them. SMART works because it makes you think critically about your goal and provides you with a step-by-step, easy to follow guide.

On the previous page is a table to help assist you with planning a goal. Try to follow the SMART system in the spaces provided, after that there will be room to paraphrase your goals. The goal of paraphrasing your goals is to take everything you said in the table and transfer it into a coherent statement.

After you plan out your goal, you will be given a chance to paraphrase that goal. Paraphrasing goals can significantly help you remember the goals as well as work the different aspects of the SMART goals into a more comprehensive form.

