

S.M.A.R.T. GOAL worksheet
How to translate your dream into
the exact steps to make it happen!

What Do You Want?

Now is the time to write down your goal below, whether it is a coaching goal, personal goal, business goal, financial goal.

S. M. A. R. T. Goals

Initial goal: *“I really should lose some weight.”*

Specific - **What** exactly do you want to do?

Goal: *“I want to be healthier, look better, feel better, and have more energy.”*

Measurable - Exactly **how will you know** when you’ve achieved the goal?

Goal: “I want to be healthier, look better, feel better, and have more energy. *I will lose 15 pounds, and be able to comfortably walk 2 miles in 30 minutes.*”

Achievable - **How can the goal be accomplished?**

Goal: “I want to be healthier, look better, feel better, and have more energy. I will lose 15 pounds, and start to exercise twice a week so that I can comfortably walk 2 miles in 30 minutes. *I will do this by getting up 30 minutes earlier and going for regular walks around the block before work.*”

Relevant - Why? **Why does this goal matter?**

Goal: *“I’m tired at the end of the workday and I don’t have enough energy to really enjoy my leisure time. Life is short and I want to live it to the fullest.* I want to be healthier, look better, feel better, and have more energy. I will lose 15 pounds, and start to exercise twice a week so that I can comfortably walk 2 miles in 30 minutes. I will do this by getting up 30 minutes earlier and going for regular walks around the block before work.”

Time-Bound - **When will you get it done?**

FINAL Goal: “I’m tired at the end of the workday and I don’t have enough energy to really enjoy my leisure time. Life is short and I want to live it to the fullest. I want to be healthier, look better, feel better, and have more energy. I will lose 15 pounds, and start to exercise twice a week so that I can comfortably walk 2 miles in 30 minutes. *Starting tomorrow* I will do this by getting up 30 minutes earlier and going for regular walks around the block before work. *I will achieve my goal within 10 weeks, by April 6.*”