

A Simple SMART Goal Worksheet

Use the following worksheet whenever you want to create a goal that is both structured and personally meaningful.

1. What do I want?

Write the goal in simple language.

2. Why do I want it?

Write the honest reason—not the socially acceptable reason.

3. Which value does it support?

Choose one or two core values.

4. What does success look like for me?

Define meaningful evidence of progress.

5. How will I measure it?

Choose numbers or milestones that actually matter.

6. What can realistically fit into my current life?

Consider time, energy, responsibilities, and circumstance.

7. What is my deadline or review date?

Choose a date to focus on.

8. Would I still want this if nobody knew?

Answer honestly.
