

S.M.A.R.T Goal Worksheet

To be used to establish one goal.

<h1>S</h1>	State what you want to achieve in one sentence. (Ex. I want to become debt-free.) <hr/> <hr/> <hr/>	Comments																				
<h1>M</h1>	How will you measure your progress? (Ex. I will pay off one bill per month.) <hr/> <hr/> <hr/>																					
<h1>A</h1>	What resources do you need to attain your goal? <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Resource</th> <th colspan="2" style="width: 40%;">Do you have it?</th> <th style="width: 30%;">How will you get them?</th> </tr> </thead> <tbody> <tr> <td></td> <td style="text-align: center;">Yes</td> <td style="text-align: center;">no</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;">Yes</td> <td style="text-align: center;">no</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;">Yes</td> <td style="text-align: center;">no</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;">Yes</td> <td style="text-align: center;">no</td> <td></td> </tr> </tbody> </table>	Resource	Do you have it?		How will you get them?		Yes	no			Yes	no			Yes	no			Yes	no		
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<h1>R</h1>	Is this a realistic goal for you to achieve? (Evaluate your resources, internal and external)																					
<h1>T</h1>	What is your time-frame for completing this goal?																					

Action Plan for Completing Your Goal

S.M.A.R.T Goal: _____

What specific steps will you take to reach this goal?

Action Item	Anticipated Completion Date
<i>Divas With A Purpose</i> EMBRACE THE DIVATUDE!	
Obstacles / Challenges What obstacles stand in the way of you achieving this goal?	
Obstacle	How will you overcome or address this obstacle if/when it arises?