

# SMART Goal Worksheet

Agent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Target Date: \_\_\_\_\_ Achievement Date: \_\_\_\_\_

<b>Goal:</b>	
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## Verify that your goal is SMART

<b>SPECIFIC</b> <i>What exactly do you want to accomplish?</i>	
<b>MEASUREABLE</b> <i>How will you know when you have reached this goal?</i>	
<b>ACHIEVEABLE</b> <i>Is this goal realistic with effort, commitment, and resources?</i>	
<b>RELEVANT</b> <i>Why is this goal significant to you?</i>	
<b>TIMELY</b> <i>When will you achieve this goal?</i>	

<b>This goal is important because:</b>	
<b>Benefits of achieving this goal:</b>	

## Now is the time to take action!

<b>Potential obstacles:</b>	
<b>Potential solutions:</b>	
<b>Who are the people who will help you and hold you accountable?</b>	
<b>Specific action steps:</b> <i>What steps need to be taken to get you to your goal?</i>	