

# SMARTER Goal Setting

**Step 1:** Write down your goal in as few words as possible.

My goal is to:

My barriers to achieving this goal are:

**Step 2:** Make your goal **SPECIFIC**.

Answer who/what/when/where/why:

**Step 3:** Make your goal **MEASURABLE**.

I will measure/ track my goal using (numbers, methods, tools):

I know I've reached my goal when:

**Step 4:** Make your goal **ATTAINABLE**.

What I need to achieve my goal:

How I will find the time:

**Step 5:** Make your goal **REALISTIC**.

List why you want to achieve this goal:

**Step 6:** Make your goal **TIMELY**.

I will reach my goal by: (date) \_\_\_/\_\_\_/\_\_\_

My halfway measurement date will be \_\_\_\_\_: (date) \_\_\_/\_\_\_/\_\_\_

**Step 7:** **EVALUATE** your goal.

List how you will evaluate your goal:

**Step 8:** **REWARD** yourself.

How will you reward yourself along the way?