



# S.M.A.R.T. Goals Worksheet

**You are ready to achieve an important goal. Your goal success can begin with S.M.A.R.T. goal wisdom!**

When we set effective goals, we achieve more. Smart Goals provide focus, enhance productivity, bolster self-esteem, and increase commitment. When setting your important goal, the series of steps in this worksheet can help you to stay on track and reduce feelings of being overwhelmed. With practice, you will be able to achieve more and feel self-compassion all along the way. That is SUSTAINABLE and effective.



I suggest taking time to write out answers to the questions that follow. The act of writing makes thoughts real and ideas concrete. When thinking about your goals, use positive language for a positive outcome--work for what you want, not what you want to leave behind. Concentrate on one goal at a time and have some fun with this!

### **S: Is this goal Specific?**

Who is involved? \_\_\_\_\_

What do you want to accomplish? \_\_\_\_\_

When and where will the goal steps happen? \_\_\_\_\_

Why is this goal important? \_\_\_\_\_

What emotions are you feeling? \_\_\_\_\_

Are you setting a goal you really want, or is this goal something you think you are supposed to want? \_\_\_\_\_

### **M: Is this goal Measurable?**

Establish criteria to measure progress. How will you know when you reach this goal? For example, "I want to exercise more" is not specific and feels unmanageable. However, "I will go to the gym on 4th Street at least three times a week starting December 1st with Kathy" is specific and defined. This allows you to take actionable steps. Write down your criteria for success here:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**A: Is this goal Attainable?**

When we clearly identify our goal, we develop the attitudes, abilities, and skills to attain it successfully. We often are caught up in what we think we should be doing instead of going after our core desires. Make sure your goals align with our future vision and authentic self. Take a moment to write down your thoughts here: \_\_\_\_\_

**R: Is this goal Realistic?**

You must be willing and able to work toward your goal. How committed are you? \_\_\_\_\_

Have you done something similar in the past? \_\_\_\_\_

What do you need to do differently this time? \_\_\_\_\_

Be honest with yourself about your available time and energy. Plan accordingly. A goal worthy of your time should be challenging enough to inspire and motivate you!

**T: Is this goal Time-Based?**

Anchor your goal with a deadline and mark each deadline in your planner to stay on track. Set up reward dates at intervals during the action steps you will be taking. Celebrate small, incremental successes!

The deadline for this goal is: \_\_\_\_\_

I have chosen a notebook, app, or planner to keep track and stay focused: \_\_\_\_\_

My reward dates are: \_\_\_\_\_

My incremental reward celebrations are: \_\_\_\_\_

\_\_\_\_\_

Congratulations for creating your **S.M.A.R.T.** goal! If you need support with your goals, know that the *Solution Starter* and *We Are Women At Wellness* communities are pulling for you. Visit **Holland Health Coaching** online to see how you can connect with this community. *Together, we soar!* Feel free to print this page again as you refine this goal or prepare to tackle Goal #2 and beyond.

I believe in you and would love to hear how your goal achievements add to your thriving life! Coach Georgianne