



Whether it's the start of a new year or we need a reset to get things moving... we need to make our goals **SMART**. This worksheet will guide you through each step to help your goals become concise and crystal clear.

Strong Plan A, no backup required.

Step 1- Big Picture

What is something you want to improve, change, or work toward this year?

(Examples: mental health, relationships, career, finances, physical health, boundaries, self-care)

Write it here: _____

Step 2: Make it SMART

Specific- Measurable- Achievable- Relevant- Time-bound

S — Specific

What exactly do you want to accomplish?

Ask yourself:

- What do I want to achieve? _____
- Why is this important to me? _____
- What does success look like? _____

My goal is: _____

M — Measurable

How will you know when you've made progress or achieved this goal?

Ask yourself:

- How much/ How often? _____
- How will I track this? _____

I will measure progress by: _____

A — Achievable

Is this realistic given your current life, time, and resources?

Ask yourself:

- Is this doable right now?_____
- What skills or support do I already have?_____
- Is there anything I need to adjust or shit to make this happen?_____

This goal is achievable because:_____

R — Relevant

Why does this this matter?

Ask yourself:

- How does this align with my values or priorities?_____
- How will my life improve if I reach this goal?_____

This goal matters to me because:_____

T — Time-Bound

When do you want to accomplish this goal?_____

Ask yourself:

- What is my target date?_____
- Are there smaller milestones along the way? Can I break this up into smaller goals?

Target date: _____

Milestones (optional):_____

Step 3: Your Final SMART Goal

Combine everything into one clear statement.

My SMART goal:

Step 4: Action Plan

Small, consistent steps lead to big change.

3-5 actions you can take to move toward your goal. What do you gotta do to make this happen?

1._____

2._____

3._____

4._____

5._____

Step 5: Anticipate Obstacles

What might get in the way—and how will you respond?

Potential obstacles:_____

My plan if this happens:_____

Step 6: Accountability & Reflection

- Who or what will help keep you accountable?_____
- How will you check in on your progress?_____

Adjust when necessary! You've got this!