

# S.M.A.R.T. GOAL WORKSHEET

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

Course: \_\_\_\_\_

My goal is: \_\_\_\_\_

Now turn it into a S.M.A.R.T. goal by answering the following questions:

- **Specific:** What is my goal in detail?  
\_\_\_\_\_
- **Measurable:** How much or how many times will I do this?  
\_\_\_\_\_
- **Action-bound:** What action will I take?  
\_\_\_\_\_
- **Realistic:** How can I make this happen?  
\_\_\_\_\_
- **Time-bound:** When is my due date?  
\_\_\_\_\_

Now you have a S.M.A.R.T. goal. Congratulations! Write it below:

I will...  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

And just to be sure you stay on track, answer these questions:

What obstacle or barrier might I run into?	What strategy will I use to overcome this obstacle?	Who can support me to reach this goal? How can they support me?

Goal Review: \_\_\_\_\_ Date: \_\_\_\_\_

- Did I achieve this goal?  Yes, I did.  No, I did not.
- Did I experience any obstacles that got in my way?  Yes, I did.  No, I did not.
- If yes, what I did to overcome the obstacle(s) was: \_\_\_\_\_
- If I didn't achieve my goal this time, what I can do next time to overcome the obstacle(s) is:  
\_\_\_\_\_