

# Dream to Reality: SMARTER Goal Planning Worksheet

Now that you've learned how to create a SMARTER goal, it's time to dream big! In this activity, you'll take one of your dreams and begin to craft a plan to turn it into a reality. Using the SMARTER framework and the 5 W's + How, you will outline your path and identify your next steps.

## 1. Dream Identification

What is a dream or goal you've always had that you'd love to make happen?

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## 2. Apply the 5 W's and the How

Who is involved or impacted by this dream?	
What exactly do you want to accomplish?	
When do you want to achieve it by?	
Where will this happen?	
Why is this important to you?	
How will you accomplish it?	

## 3. Write Your SMARTER Goal

Now use your answers above to write your SMARTER goal:

I want to \_\_\_\_\_ (What)

by \_\_\_\_\_ (When)

I will do this by \_\_\_\_\_ (How)

because \_\_\_\_\_ (Why)

## 4. First 3 Action Steps

List the first three things you can do to begin working toward this dream:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Remember: Every big dream begins with a clear goal and a single step. You've already done the hard part—now go make it happen!