

Building a SMARTER Goal: Your Blueprint to Purposeful Action

Use this worksheet to thoughtfully develop a SMARTER goal by exploring the 5 W's and the How. Reflect deeply on each question, then put it all together into a SMARTER goal statement.

Specific (WHY)

Why do I want to achieve this goal? What is the deep purpose or motivation?

Measurable (WHAT)

What exactly do I want to accomplish? How will I measure success?

Achievable & Realistic (HOW)

How will I reach this goal? What steps and resources will I need?

Time-Bound (WHEN)

When do I want to complete this goal? What's my deadline?

Evaluate

How will I track my progress and adjust along the way?

Revise

What might need to change if things don't go to plan?

SMARTER Goal Statement

Now, based on your answers above, write out your complete SMARTER goal below: