

SMART goal worksheet

When you think about your behaviour SMART goal, think about and write down the answers to the following questions. By answering these questions, you are helping yourself be more successful in reaching and maintaining your goal.

Remember! A SMART goal is: **S**pecific, **M**easurable, **A**chievable, **R**ealistic, & **T**ime-Oriented!

1. My SMART goal:

2. What are the barriers that may make this goal hard to accomplish?
 - a)
 - b)
 - c)

3. How will you overcome each barrier for this goal?
 - a)
 - b)
 - c)

4. What do you need to make this goal a success?- script your goal

5. What will remind you to do this goal?

6. What is the Reward for completing the goal?

7. What support do you need to meet this goal?