



SMART Goal Setting Worksheet

Areas of focus to consider

Here are some examples for you to think about: regular review, limiting procrastination, preparing for exams.

Questions to ask yourself

Provide your answers in the space below after each question. You can add a maximum of 100 words or 5 sentences.

What would you like to achieve?

Why is this important to you?

What do you expect to gain from reaching this goal?



Make it SMART

Provide your answers in the space below after each SMART goal. You can add a maximum of 100 words or 5 sentences.

Specific

Measurable

Attainable

Relevant

Time-Bound



Create your new SMART goal

Create your new SMART goal by using the space below. You can add a maximum of 100 words or 5 sentences.

List your SMART goal action items

List your SMART goal action items by using the space below. You can add a maximum of 100 words or 5 sentences.