## **Smart Goal Sheet**



Goals: Some are short-term, some are long-term and some are hard to put in a time frame. Whatever the situation, goals are important. They give us something to work towards, and a reason to pat ourselves on the back when we've reached them. The SMART framework below can help you on your way.

## **Next steps**

- 1. Download **丛**
- 2. Print
- 3. Fill in

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N.	Лу goal is:	
I	will take the following SMART steps:	
,	<b>S</b> (Specific)	
	M	-
	(Measurable)  A	
	(Achievable)	
	(Relevant)	
	(Time specific)	
Tod	ay's date: Review date:	
I have thought about and/or planned for the following:		
	Things that could get in my way and how I will overcome them.	
	People who might be able to help.	
	Time I'm going to give it.	
	How and when I'm going to review my goal.	
	How I will reward myself if I succeed.  (Try to make sure you reward yourself with something that isn't food! For example, time for yourself, a luxurious bath, or new clothes.)	