Setting SMART Goals

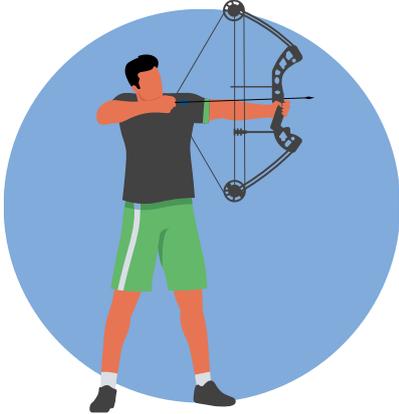**Use this worksheet to set goals using the S.M.A.R.T. framework.**

IMG⁺ ACADEMY

Eye On The Target

Write down a specific goal you are working toward or want to start working on.

Be as detailed as possible:

Setting SMART Goals

Use this worksheet to set goals using the S.M.A.R.T. framework.

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Get S.M.A.R.T.

Break down your goal according to the S.M.A.R.T. framework. Your goal should be specific, measurable, achievable, realistic, and time-bound.

Try to be as detailed as possible as you fill in the boxes below:

Specific:

Measurable:

Achievable:

Realistic:

Timebound:

Get S.M.A.R.T.E.R.

List 2 to 3 habits that you can regularly use to keep yourself accountable to your S.M.A.R.T. goals: