

SMART Goal Worksheet

Goal: _____ Today's Date: _____

Target Completion Date: _____ Actual Completion Date: _____

My goal described in one sentence: _____

The benefits of achieving my goal are: _____

If I were to have a breakthrough miracle in this area, my life would look like: _____

Confirm That Your Goal Is SMART

Specific: *What will I accomplish?* _____

Measurable: *How will I and others know I've reached my goal?* _____

Attainable: *Do I have the commitment and resources to realistically achieve this goal?* _____

Relevant: *Why is this goal important to me?* _____

Time-Bound: *When do I expect to achieve this goal?* _____

Action Plan

What specific actions will I take to achieve my goal?

Task/To-Do Item	Expected Completion Date	Actual Completion Date
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Obstacles/Challenges

What stands in the way of achieving my goal and how will I overcome it?

Obstacle	How will I overcome this challenge?