Personal Plan Worksheet: SMART Goals

Name:	**Date:**
Date of Birth:	**Age:**

Column 1: S: Prioritize goals (assign #)

Column 2: Measurable: List objective and subjective ways to measure success

Column 3: A: Attainable – able to visualize the path. Actionable – list steps

Column 3: R: Realistic - able to visualize results and resource availability

Column 4: T: What is your timeframe for taking action on each step?

Specific Goal *Who, What, Why, Where, When, Why…?*	**Measurable** *How will you measure success*	**Attainable, Realistic (Resources)** *List Action Steps*	**Timeline** *Each Action Step*