

# Total Self Improvement

## *My SMART Goal Worksheet*

**Step 1.** Write your goal here.

**Step 2.** Check to see if this is a SMART goal. Cross each box if your goal meets the criteria. If not, consider changing your goal until it does meet all five SMART criteria.

Specific. Your goal must be clear and specific.

Measurable. You will be able to measure progress towards your goal.

Attainable. It is possible for you to achieve this goal.

Relevant. This goal fits with your current life purpose.

Time. There is a time frame for achieving this goal.

**Step 3.** Record today's date here:

**Step 4.** Print out this goal and make a start on it today.

[Click here to review the SMART goal setting page.](#)