

The Frugal
 **CREDITNISTA** 

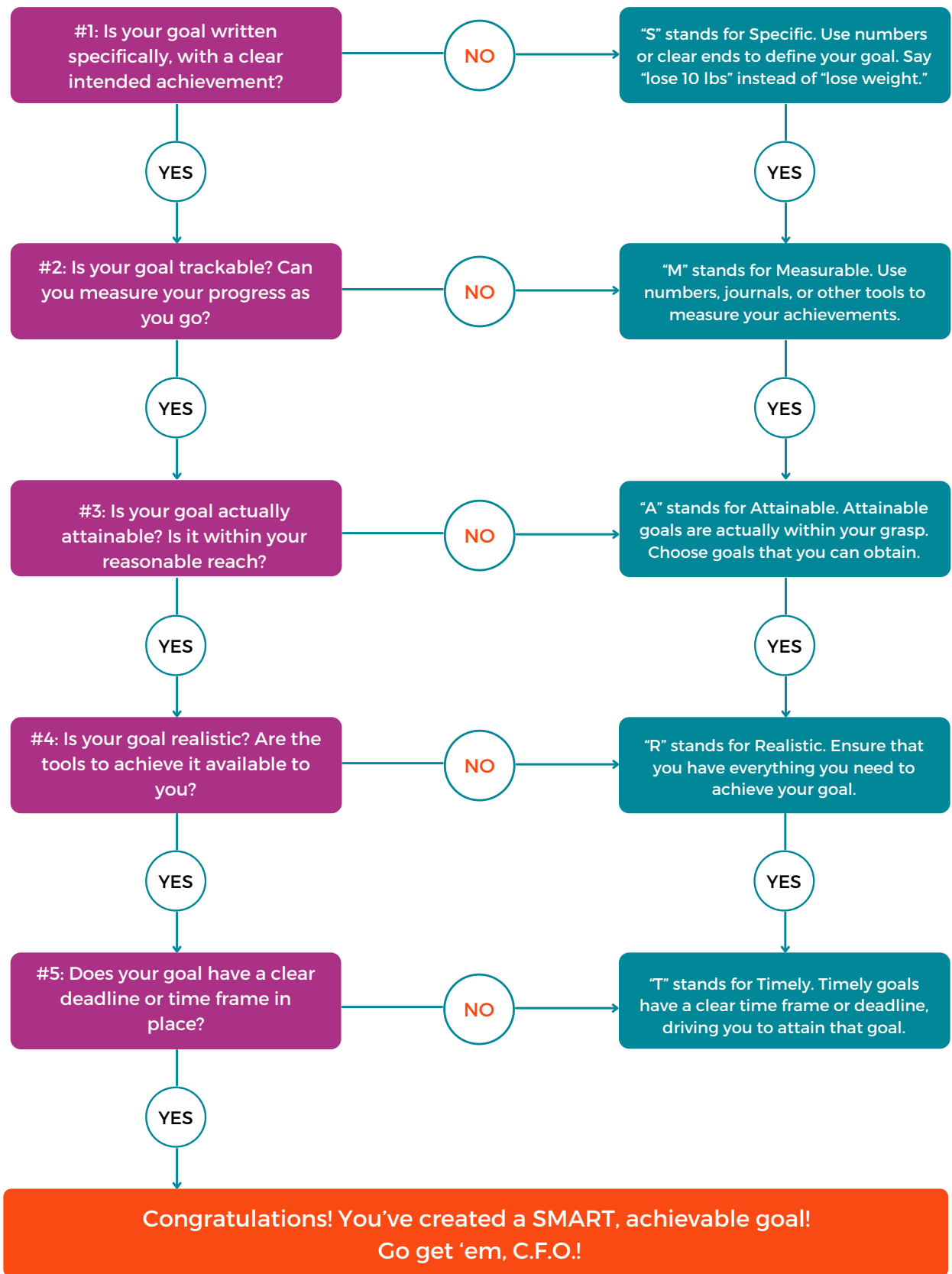


SMART GOALS

WORKSHEET

SMART GOALS

“SMART” is a goal-setting strategy that you can apply to each goal to ensure that it is capable of being achieved. This flowchart will help you determine whether or not your goals are achievable.



Today's Date: _____ Target Date: _____ Start Date: _____

Date Achieved: _____

Goal: _____

VERIFY THAT YOUR GOAL IS SMART

Measurable: How will you know when you have reached this goal?

Achievable: Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?

Relevant: Why is this goal significant to your life?

Timely: When will you achieve this goal?

This goal is important because:

The benefits of achieving this goal will be:

Take Action!

Potential Obstacles

Potential Solutions

Who are the people you will ask to help you?

Specific Action Steps: What steps need to be taken to get you to your goal?

This goal is important because:

The benefits of achieving this goal will be:

Take Action!

What?	Expected Completion Date	Completed
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