

# SMART Goal Sheet

Goal Domain: \_\_\_\_\_

## SMART Goal:

S - Specific: \_\_\_\_\_

M - Measurable: \_\_\_\_\_

A - Achievable (Confidence 1-10): \_\_\_\_\_

R - Relevant (Linked value or need): \_\_\_\_\_

T - Timed (When & How Often): \_\_\_\_\_

First Action Cue (<= 5 minutes): \_\_\_\_\_

## Weekly Review Plan:

Review Day/Time: \_\_\_\_\_

Progress Rating (0-100%): \_\_\_\_\_

Revisions / Notes: \_\_\_\_\_

