



Oskar's Not-So-Simple Comeback S.M.A.R.T. Goal Worksheet

S.M.A.R.T. Goals can help you accomplish something without getting overwhelmed. Think of a goal you have, and let's make it into a S.M.A.R.T. Goal!

S	Specific	What do I want to accomplish? Why do I want to accomplish that?	
M	Measurable	How do I measure my progress? How will I know when the goal is accomplished?	
A	Action-Oriented	What are the steps I need to take to make this happen?	
R	Realistic	Can the goal be accomplished?	
T	Timely	How long will it take to accomplish this goal?	