**SMART Goal Setting and Action Planning Worksheet**

Use this worksheet to identify SMART goals and outline specific steps you need to take to achieve your goals.

Your goal:

**SMART goal checklist:**

❑ Specific

❑ Measurable

❑ Attainable

❑ Realistic

❑ Time-based

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| Action steps  What needs to be done? | Deadline  When should this step be completed? | Necessary  Resources  What resources can you use to complete this step? | Potential challenges  Are there any potential challenges that may impede completion? How will you overcome them? | Potential Support What people in your life can support you to complete this action step? What can they do to support you? | Result  Was this step successfully completed? Were any new steps identified in the process? |
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| Action step | Deadline | Necessary  Resources | Potential challenges | Potentia | Result |
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