

Simple SMART Plan

Specific:	
Measurable:	
Actions:	
Reasons:	
Timeline:	

SMART PLAN WORKSHEET

For:		Date:
SPECIFIC/STRATEGIC		
GOAL: What do you want to accomplish?		
MEASURABLE		
How will you know when you have reached your goal?		
ASSIGNABLE/ACTIONABLE What steps do you need to take to achieve the goal?		
Responsibility	Who	
REASON		
What is your WHY?		

