

Create Your Own SMART Goals

Now it's your turn. You can use the template below to set a SMART goal for each of the domains of your life. You can start small and set more goals after you achieve these ones. Perhaps not all of these domains are priorities for you right now—make this tool your own and set goals for the areas which are most important to you.

Recreation

My Goal...			
Is it...	Consider...		
<input type="checkbox"/> Specific	Is this goal clear about what you'd like to achieve? Circle one.	Yes	No
<input type="checkbox"/> Measurable	How will you measure your success? How will you know if you were successful or not?		
<input type="checkbox"/> Achievable	Do you believe this goal is reasonable to accomplish?		
<input type="checkbox"/> Relevant	Why is this goal important to you? How does it fit in with your other goals?		
<input type="checkbox"/> Time-Bound	What is the timeline for this goal? When do you want to have achieved it?		

Relationships

My Goal...			
Is it...	Consider...		
<input type="checkbox"/> Specific	Is this goal clear about what you'd like to achieve? Circle one.	Yes	No
<input type="checkbox"/> Measurable	How will you measure your success? How will you know if you were successful or not?		
<input type="checkbox"/> Achievable	Do you believe this goal is reasonable to accomplish?		
<input type="checkbox"/> Relevant	Why is this goal important to you? How does it fit in with your other goals?		
<input type="checkbox"/> Time-Bound	What is the timeline for this goal? When do you want to have achieved it?		

Create Your Own SMART Goals

Recreation

My Goal...

Is it...

Consider...

☐

Specific

Is this goal clear about what you'd like to achieve? Circle one.

Yes

No

☐

Measurable

How will you measure your success? How will you know if you were successful or not?

☐

Achievable

Do you believe this goal is reasonable to accomplish?

☐

Relevant

Why is this goal important to you? How does it fit in with your other goals?

☐

Time-Bound

What is the timeline for this goal? When do you want to have achieved it?

Vocation

My Goal...

Is it...

Consider...

☐

Specific

Is this goal clear about what you'd like to achieve? Circle one.

Yes

No

☐

Measurable

How will you measure your success? How will you know if you were successful or not?

☐

Achievable

Do you believe this goal is reasonable to accomplish?

☐

Relevant

Why is this goal important to you? How does it fit in with your other goals?

☐

Time-Bound

What is the timeline for this goal? When do you want to have achieved it?

Create Your Own SMART Goals

Physical Health

My Goal...

Is it...

Consider...

☐

Specific

Is this goal clear about what you'd like to achieve? Circle one.

Yes

No

☐

Measurable

How will you measure your success? How will you know if you were successful or not?

☐

Achievable

Do you believe this goal is reasonable to accomplish?

☐

Relevant

Why is this goal important to you? How does it fit in with your other goals?

☐

Time-Bound

What is the timeline for this goal? When do you want to have achieved it?

Mental Health

My Goal...

Is it...

Consider...

☐

Specific

Is this goal clear about what you'd like to achieve? Circle one.

Yes

No

☐

Measurable

How will you measure your success? How will you know if you were successful or not?

☐

Achievable

Do you believe this goal is reasonable to accomplish?

☐

Relevant

Why is this goal important to you? How does it fit in with your other goals?

☐

Time-Bound

What is the timeline for this goal? When do you want to have achieved it?

Create Your Own SMART Goals

Finances

My Goal...

Is it...	Consider...		
<input type="checkbox"/> Specific	Is this goal clear about what you'd like to achieve? Circle one.	Yes	No
<input type="checkbox"/> Measurable	How will you measure your success? How will you know if you were successful or not?		
<input type="checkbox"/> Achievable	Do you believe this goal is reasonable to accomplish?		
<input type="checkbox"/> Relevant	Why is this goal important to you? How does it fit in with your other goals?		
<input type="checkbox"/> Time-Bound	What is the timeline for this goal? When do you want to have achieved it?		

Spirituality

My Goal...

Is it...	Consider...		
<input type="checkbox"/> Specific	Is this goal clear about what you'd like to achieve? Circle one.	Yes	No
<input type="checkbox"/> Measurable	How will you measure your success? How will you know if you were successful or not?		
<input type="checkbox"/> Achievable	Do you believe this goal is reasonable to accomplish?		
<input type="checkbox"/> Relevant	Why is this goal important to you? How does it fit in with your other goals?		
<input type="checkbox"/> Time-Bound	What is the timeline for this goal? When do you want to have achieved it?		