



# SMART Goal Setter

WHO IS SETTING THE GOAL	MAIN OBJECTIVE OR CHANGE YOU WANT TO MAKE
DATE CREATED	

<b>SPECIFIC:</b> Who? What? When? Where? Why? Which?	
<b>MEASURABLE:</b> Metrics and milestones. How much? What percentage?	
<b>ACHIEVABLE:</b> Do you have skills and tools to accomplish this objective?	
<b>RELEVANT:</b> Does it fit with overall organizational objectives?	
<b>TIME-BOUND:</b> Final deadline	

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**GOAL:**

Add your goals to this worksheet to begin building out a life with purpose! The SMART process helps determine the characteristics of your objective(s) in your personal or professional life. SMART stands for: Specific, Measurable, Achievable, Relevant, Time-Bound. Keeping the SMART Goals simple yet achievable helps in preventing a feeling of overwhelm and stress.

Here is an example of a SMART goal if your objective is to have better physical health and drop 5 pounds:  
**"I will go on a 20-minute jog twice a week starting July 1st".**

**Taylor Lippman, Certified Life Coach**  
**@taylorlippman**

