

Purpose

Using this worksheet, you'll create a SMART goals to help you achieve personal and/or professional success! Start by creating goals that you can achieve by setting yourself up to be able to monitor and adjust along the way. Start DWYL/LWYD with SMART goals!

What the heck is SMART?

Specific

To be an authentic goal that is going to advance you in some way it needs to be very specific. Really dig into the fine details. Example, I want to shed some weight should become I want to lose 15 pounds.

Measurable

See that 15 pounds from above ^^? Well, that really helps with the measurable part. Know where you are starting in your goal and have a unit of measure to track your progress along the way.

Attainable

Goals need to help you grow in some way so making sure that this goal will help you do that and is pushing you a bit hard is a good thing.

Realistic

Not to be harsh but let's keep it real this goal needs to be something you can, with some push, actually achieve. Do you have the time, bandwidth, and ability to reach this goal?

Timebound

Every journey needs a finish line, this is where timebound comes into play. When do you want to achieve this goal by? Side note, if you don't achieve it by the deadline you are not a failure. ♥

SMART goal example:

I will work to lose 15 pounds in the next 90 days by going on a daily 30 minute walk and recording what I eat each day. I will weigh myself once a week to track my progress each Monday.

Do What You Love, Love What You Do Workbook

Ready to set your own

SMART goals?

Directions

Use the information from page one to help you do your own SMART goals. Really dig deep and push yourself hard to set the goal. It needs to be something you are passionate about achieving because it will require some effort. On the flip side, be sure that you really respect your personal limitations, both internal and external. Remember, we only have 24 hours in any given day. Do not overextend yourself before you even get started.

Need help? Drop me a [line!](#)

Specific

Measurable

Attainable

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Timebound

My SMART goal: _____
