

SMARTTY GOALS



What is one goal that you want right now? Fill out the lines below to ensure it meets all criteria. I suggest sharing this sheet with a friend or colleague to ensure it fits all of those steps.

Goal:

Does it meet the S.M.A.R.R.T.Y. criteria? If so, please explain why.

S (Specific): Yes / No

Why?

M (Measurable): Yes / No

Why?

A (Attainable): Yes / No

Why?

R (Risky): Yes / No

Why?

R (Relevant): Yes / No

Why?

T (Timely): Yes / No

Why?

Y (Your Why): Yes / No

Why?

**SMARTTY = Specific, Measurable, Attainable,
Risky, Relevantat , Timely and Your Why**