

# Smart Goal Setting Template

My name:

Date:

1. What do I want to achieve? : e.g. I want to learn guitar

2. How I will MEASURE my success? (i.e. Will I know for sure the moment I've completed it)

For eg: I want to learn guitar

MEASURE: When I have learnt to play 20 different songs from my song book.

3. Exactly when do I determine to complete it by? (dates, day and time)

For e.g. Learn 20 songs by Friday, December 19th at 5pm.

4. Is your goal ATTAINABLE? i.e. Are there no serious obstacles or reasons that would make your goal impossible? With effort is it something you can imagine happening? Is the outcome ultimately in your control?

If you can answer YES please continue. If it's a NO then please revisit your goal and consider changing the completion date or the measurement..

5. Finally is it RELEVANT? Is your goal suitable for you. Is it going to add something important to your life? Does it tackle one of your main priorities or most pressing issues?

If you have made it this far well done. You have just completed your SMART goal. Your chances of success are now significantly higher!

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