

# Personal Goal Setting

## SMART Goals Check List

Refer to: <http://www.fuel-my-motivation.com/smart-goals.html> for guidance.

List Your Goal: \_\_\_\_\_

SMART Goal Traits:	Yes or No?	If Yes, Why?	If No, Can You Tweak the Goal?	Notes
Specific				
Measurable				
Attainable				
Realistic				
Timely				

What is the time commitment needed? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is the effort needed? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is it worth it? \_\_\_\_\_ Why?  
\_\_\_\_\_  
\_\_\_\_\_