



S.M.A.R.T. Goals Worksheet with Intention

Intention: Who you want to **BE**/ What is your End Game

Goal: What will you **DO**/ What is Desired Outcome

SMART goals are:

Specific, Measurable, Achievable, Relevant and Time-bound

Instructions: Use worksheet to set time-bound intentional goals. First, set your intention and then build the SMART goals to get you there.

SET BIG VISIONARY INTENTION FOR YOUR { _____ } GOAL(S):

SMART Goal 1:

Is it Specific?	
Is it Measurable?	
Is it Achievable?	
Is it Relevant?	
Is it Time-bound?	

SMART Goal 2:

Is it Specific?	
Is it Measurable?	
Is it Achievable?	
Is it Relevant?	
Is it Time-bound?	

SMART Goal 3:

Is it Specific?	
Is it Measurable?	
Is it Achievable?	
Is it Relevant?	
Is it Time-bound?	