



**Natural Life**  
Business  
Partnership  
Purpose Beyond Profit

## SMART Goal Setting Worksheet

Step 1: Write down your goal in as few words as possible.

My goal is to:

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Step 2: Make your goal detailed and SPECIFIC. Answer who/what/where/how/when.

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How will you reach this goal? List at least 3 action steps you'll take (be specific):

1.

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2.

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3.

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Step 3: Make your goal MEASUREABLE. Add details, measurements and tracking details.

I will measure/track my goal by using the following numbers or methods:

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I will know I've reached my goal when:

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Step 4: Make your goal ATTAINABLE. What additional resources do you need for success?

Items I need to achieve this goal:

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How I'll find the time:

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Things I need to learn more about:

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People I can talk to for support:

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Step 5: Make your goal RELEVANT. List why you want to reach this goal:

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Step 6: Make your goal TIMELY. Put a deadline on your goal and set some benchmarks.

I will reach my goal by (date): \_\_\_\_/\_\_\_\_/\_\_\_\_.

My halfway measurement will be \_\_\_\_\_ on (date): \_\_\_\_/\_\_\_\_/\_\_\_\_.

Additional dates and milestones I'll aim for (Use backside):

*(Adapted from Spark People SMART Goals)*

Need help setting realistic goals? Purchase *The Ultimate Guide to Creating Your Soul-Aligned Business: 25 Practice Strategies from the Experts* at [SoulProfessional.com](http://SoulProfessional.com)

