

Rainbow SMART Goal Worksheet

Set a smart goal and make it happen!

Name: _____ Date: _____

My Big Goal

Specific

What exactly do I want to do?

S

Measurable

How will I know I did it?

M

Achievable

Can I really do this?

A

Relevant

Why does this matter to me?

R

Time-bound

When will I finish?

T

