

Exercise 4 Mental Health  
SMART Goal-Setting Worksheet

List the goal(s) you desire to achieve.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

Use **SMART** to focus your goals and create clarity, challenge, commitment, feedback, & task complexity. Then, revisit each goal as you reach your deadline; reevaluate, set new goals, & repeat.

**Specific.** Write down the specifics of each individual goal. Ask yourself, “Who, What, Where, When, Why, & How?” Then, answer each, below.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Measurable.** How will you measure your goals? Be clear, precise, and specific.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Attainable.** Are these goals attainable? Or not? If not, how can you change them to be attainable?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Relevant.** Ask yourself, “Are these goals in line with what I hope for my future? Will they get me where I want to be? If so, how? If not, why not and what can I do to improve them?”

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

**Time-Bound.** What is my deadline for each goal? Make sure your deadline is realistic & achievable.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_