



S.M.A.R.T. Goal Planning Sheet

Priority (1-5) _____ Today's Date _____ Target Date _____ Date Achieved _____

Goal: S.M.A.R.T. (Specific, Measureable, Achievable, Result Desired, Time-based)

What do you want to achieve?

Specific

Measurable

Achievable

Result desired

Time based

SO...SMART goal is:

Benefits of achieving this goal (impact to my life and business)

Barriers to Excuses to Challenges

Barriers / Excuses	Consequences	Solution

Specific Actions for Achieving this Goal - See Podium Project session