



SMART Goal Worksheet ID:

My plan to reach my full potential

DATE:

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Editable PDF



SMART Check

S Specific	M Measureable	A Achievable/Attainable	R Relevant/Realistic	T Timebound
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Recovery Capital Dimension <i>(Check One)</i>	Recovery Capital Item	Z Code
<div style="display: flex; justify-content: space-around;"> P S C B UN </div>		

GOAL: _____

Benefits:
My goal will help me by...

Measure:
I will know I've reached my goal when...

My Action Steps: <ul style="list-style-type: none"> ▪ ▪ ▪ 	My Strengths to Leverage: <ul style="list-style-type: none"> ▪ ▪ 	Timeline (By When) First Step: Date: Goal Date: Completed: <input type="checkbox"/>	
	My Resources: <ul style="list-style-type: none"> ▪ ▪ 	My Support Network (People): <ul style="list-style-type: none"> ▪ ▪ 	

Notes: