

## S.M.A.R.T. Goals Worksheet

**SMART Goal(s):**

**Structure:** *Defined expectations, guidelines and metrics.*

**Support:** *Identify people and resources that will help achieve success.*

**Accountability:** *Establish methods and responsibility for regular feedback.*

	Structure	Support	Accountability
Mindset			
Performance			

In order to make progress on your **“S.M.A.R.T. Goal”** you will need to create **“Structure”** (Standards and guidelines for the right Mindset & Performance); establish **“Support”** (People and resources to help you achieve the right Mindset & Performance); seek out **“Accountability”** (Feedback and coaching for a consistency in Mindset & Performance).

**S.M.A.R.T.** = Specific; Measurable; Attainable; Relevant; Time Deadline