



S.M.A.R.T.E.R. Goal Setting Worksheet

SMARTER goals take SMART goals 2 steps further. This acronym helps you make your goals easier to tackle. See our blog post for more understanding of this method of goal setting: www.inspiredinfluencers.com/smarter-goals

SMART Criteria	Goal
Specific Significant Stretching <ul style="list-style-type: none"> - What? Why? - When? Where? 	
Measurable Meaningful Motivational <ul style="list-style-type: none"> - How will you measure your success? 	
Action-Oriented Attainable Achievable <ul style="list-style-type: none"> - What will you do? - Are there specific tasks to do? 	
Realistic Relevant Reasonable <ul style="list-style-type: none"> - Do you have the skill? - Do you have the resources? - Do you have the time? 	
Time-Based Timely Tangible <ul style="list-style-type: none"> - When will this be done? - Deadlines? 	
Evaluate Ethical <ul style="list-style-type: none"> - When will this be done? - Deadlines? 	
Results Oriented Rewarding Readjust <ul style="list-style-type: none"> - When will this be done? - Deadlines? 	

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Now, break your goal(s) into achievable tasks over the next week. Be prepared to report back next time about your goal, if you achieved it, what stumbling blocks you encountered.

Day/Week	Goal
Monday Or Day #1 TASKS:	
Tuesday Or Day #2 TASKS:	
Wednesday Or Day #3 TASKS:	
Thursday Or Day #4 TASKS:	
Friday Or Day #5 TASKS:	