

# THE PLAY S.M.A.R.T. WORKSHEET

INITIAL  
GOAL

What is your goal?

**S**

SPECIFIC

What do I want to accomplish?  
Why do I want to accomplish this?

**M**

MEASURABLE

How will I measure progress?  
How will I know I've reached the goal?

**A**

ACHIEVABLE

Is this goal attainable for me?  
Do I have the skills needed to achieve the goal?

**R**

REALISTIC

Does this goal make sense for me?  
Will I see it through?

**T**

TIMELY

What's the deadline?  
Is it doable?

SMART  
GOAL

Now that you've gone through the SMART process, draft a new goal statement using your answers from above.

FIRST  
STEPS

STEP #1

STEP #2

STEP #3