**SMART GOALS WORKSHEET *Remember to write in the first person and be positive.***

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| --- | --- | --- | --- |
| **Today’s Date** | **What is the goal you want to achieve?**  *Use the SMART categories below to help you define this goal.* | **What area of your life will this affect?**  *Refer to the wheel of life exercise here or make up your own category.* | **WHY do you want to achieve it?**  **What will you gain by achieving this goal?** |
|  |  |  |  |

**MAKE YOUR GOAL SMART**

|  |  |  |
| --- | --- | --- |
| **SPECIFIC** | Who? Why? What? Where? When? |  |
| **MEASURABLE** | How Much? How Often? How Many? |  |
| **ACHIEVABLE/AGREED** | Is this within your abilities?  Who is it agreed with? |  |
| **REALISTIC/RELEVANT** | How does this fit in with what you ultimately want to achieve? |  |
| **TIMED** | When will you achieve this by?  How often will you review this goal? |  |

**RESOURCES NEEDED**

|  |  |  |
| --- | --- | --- |
| **RESOURCES NEEDED** | What resources do you need and how will you get them? |  |

***“The journey of a thousand miles begins with a single step”. Lao Tzu*  *© Gail Lowe, how-to-start-in-affiliate-marketing.com***