

SMART Goal Setting Worksheet

SMART goals set you up for success by making goals specific, measurable, attainable, realistic, and timely. The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals.

S	Specific	Think of what you want to achieve and be as clear as possible. For example: I want to create a list of people who can help me with my caregiving role when I start university in September.
M	Measurable	Think of how you can measure this goal. For example: I need 8 people on my list with the activities which they can do as my circle of support.
A	Achievable	Think of how you can ensure this goal succeeds. For example: I will let those close to me know that this is my goal and ask them to check in on me. I will set myself reminders in my phone to work on this goal.
R	Realistic	Think of how realistic this goal is. For example: I am working full time, but can organize this list on the weekends. My friend is good at staying organized, so I can ask her for suggestions on setting up a schedule for my circle of support.
T	Timely	Think of the time frame that you need this goal completed For example: If I create this list over the summer, it will help me better manage my time in September when university begins. I am giving myself three months to complete this goal.

Things to consider: Are my goals too big, too small, too vague, not identifiable?

Some common types of goals to consider:

- Save money on something
- Increase help or support for someone or something
- Make something
- Reduce something (it could be tangible like products you purchase, or intangible, like excessive worry)
- Develop a new routine

As you move through each step, you will navigate closer to your goal or objective you want to accomplish. It will help to show you the path that you need to take to reach your goal.



THE ONTARIO

caregiver
ORGANIZATION

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Build your own SMART goal:

S	Specific	
M	Measurable	
A	Achievable	
R	Realistic	
T	Timely	

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