

S.M.A.R.T. GOALS WORKSHEET

S

SPECIFIC

What is the specific area of improvement?

Example: Plan a weekly date night.

M

MEASURABLE

How will you track your progress?

Example: We will go out on a date together every Friday evening.

A

ATTAINABLE/ACTIONABLE

What action will you take to make this happen?

Example: We will plan ahead and decide on an activity/location for our upcoming date.

R

REALISTIC

Why is this goal doable and worth accomplishing?

Example: We want to spend more time together and improve the quality of our marriage.

T

TIME BOUND

What is your deadline for achieving this goal?

Example: We will start our weekly date nights next week on Friday and continue through year-end.