

SMART Goals Worksheet

Great goals are
S.M.A.R.T.

Specific
Measurable
Achievable
Realistic
Time-bound

See reverse side for more S.M.A.R.T. tips

Good (SMART):

Save \$1,000 in an emergency savings account by the end of this year.

Needs work:

Save more money.

This is NOT specific, measurable, or time-bound.

MY GOALS

Short-term Goal

(1 week to 3 months)

My short-term goal is:

Long-term Goal

(3 – 12 months)

My long-term goal is:

Steps to achieve my goal:

1.
2.
3.
4.
5.

Steps to achieve my goal:

1.
2.
3.
4.
5.

Here are more examples and tips to help you create
S.M.A.R.T. financial goals!

Specific

State exactly what is to be done with the money involved

- I plan to save for a new front-load washer

Measurable

Write the exact dollar amount

- I plan to save \$900 for a new front-load washer

Achievable

Determine how it can be reached within your budget

- I plan to save \$900 for a new front-load washer by setting up a direct deposit of \$75 from every paycheck

Realistic

Think through the trade-offs and opportunity costs to make sure reaching the goal is possible

- I plan to save \$900 for a new front-load washer by saving \$75 every two weeks by eating at home one more night per week

Time-bound

Set a specific day or date range when the goal needs to be reached

- I plan to save \$900 in 6 months for a new front-load washer by saving \$75 every two weeks by eating at home one more night per week