

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



Is this goal for:
☐ The Pub?

☐ An Individual

Name: _____

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. When writing S.M.A.R.T. Goals use concise language, but include relevant information. These are designed to help you succeed, so be positive when answering the questions.

INITIAL GOAL

Write the goal you have in mind AFTER refining it through the bottom steps – How will you make the world more beautiful? Either by creating community, fostering the arts, or growing spiritually?

S

SPECIFIC

What do you want to accomplish? When do you want to do this? Why is this a goal?

M

MEASURABLE

How can you measure progress and know if you've met your goal? Create metrics your accountability partner can hold you to.

A

ACHIEVABLE

Do you have the skills required to achieve the goal? How often do you want your accountability partner to check in, and how should they check in?

R

RELEVANT

Why am I setting this goal now? How will this make the world more beautiful?

T

TIME-BOUND

What's the deadline and is it realistic?

Accountability Buddy: _____

Check in frequency: _____