

SMART Goal-Setting Worksheet

Setting strong financial goals is key to achieving the financial future you want. Using the SMART Goal-Setting Worksheet will assist you in doing just that. It is recommended that your goal be:

- **Specific** – define what you want to achieve (a vacation, emergency fund or new phone).
- **Measurable** – determine how you will measure your success (balance in a bank account or cash in a cookie jar).
- **Attainable** – is it realistic? If not, adjust it to set yourself up for success.
- **Relevant** – is this goal something YOU want? You will stay more motivated to reach your goal.
- **Time bound** – what time frame will you use to break this goal into manageable pieces? Having a monthly or even weekly timeline for your goal will help you stay on track. Even if something comes up and you get off track and can't save one payment, you can still see the end in sight. You can also adjust your timing if you receive extra funds.

Specific	Measurable	Attainable	Relevant	Time Bound
Ex. Have \$500 in emergency savings.	Save \$25 in savings from each paycheck (measure by checking balance each month)	Is \$25 per paycheck a realistic amount to set aside?	Is having an emergency savings account important to you?	If you get paid every two weeks, you'll reach your goal in about 40 weeks, or 10 months.

Reflection Questions:

- How will achieving this goal make you feel?
- What kind of support will you have from your immediate circle of family and friends?
- What barriers might you encounter?
- How can you overcome those barriers?
- Do you believe you can do this?
- Talk with someone who can help you reach this goal.