



Well-being SMART Goal Revision Worksheet

After setting your Well-being SMART Goal, use this worksheet to reflect: review your progress, identify challenges, celebrate micro wins, and evaluate each component of the SMART criteria. Complete each section, then use your insights to revise your goal for improved clarity and achievability. You can return to this worksheet anytime you need to refresh or revise your SMART goal.

Original SMART Goal

Write your original goal below:

Original Goal: _____

☒ Review Each SMART Criterion

Specific: Was the goal clearly defined? _____

If "No", what do you want to change? _____

Measurable: Could you track progress _____

If "No", what do you want to change? _____

Achievable: Was it realistic? _____

If "No", what do you want to change? _____

Relevant: Did it align with your values or needs? _____

If "No", what do you want to change? _____

Time-bound: Was there a clear deadline? _____

If "No", what do you want to change? _____

Micro Wins

What wins did you have while working toward this goal?

Lesson Learned

What barriers did you encounter while working toward this goal?

Revised Well-being SMART Goal

Rewrite your goal using the SMART criteria:

Specific	
Measurable	
Achievable	
Relevant	
Time-bound	
Revised GOAL	

Next Steps

After revising your SMART goal, identify the key action that will drive you forward and identify the support that will help you stay on track.

What is the first step you will take? _____

What support or resources do you need? _____

How will you hold yourself accountable? _____

Now make your move – Choose Your Journey... Own It!