SMART Goals Planner

Turn a meaningful hope into a clear, practical plan — one step at a time.

Example

Vague: "I want more time with God." SMART: "I will spend 15 minutes in Scripture and prayer before work, Monday–Friday, for the next 4 weeks, and track it on my calendar so I start each day grounded."

S **Specific** — What exactly do I want to accomplish? Who, what, where?

M **Measurable** — How will I know I'm making progress or have finished?

A **Achievable** — Is this realistic with my time, energy, and resources? What support do I need?

R **Relevant** — Why does this matter to me? How does it align with my values and faith?

T **Time-bound** — When will I start, check in, and complete it?

My SMART goal statement

My first step

Review date

A prayer or encouragement for this goal