PACE---S.M.A.R.T. Goals Worksheet
Set goals that are Specific, Measurable, Action-oriented, Realistic, and Timed

**Specific**: List clearly what goals you will accomplish.

Goal 1: ____________________________________________________________
Goal 2: ____________________________________________________________
Goal 3: ____________________________________________________________

**Measurable**: List how you will assess each goal and know that you have achieved them.

Goal 1: ____________________________________________________________
Goal 2: ____________________________________________________________
Goal 3: ____________________________________________________________

**Action-oriented**: Make your “to do” list to achieve each goal.

Goal 1: ____________________________________________________________
Goal 2: ____________________________________________________________
Goal 3: ____________________________________________________________

**Realistic**: List potential obstacles for each goal and identify strategies to overcome them.

Goal 1: ____________________________________________________________
Goal 2: ____________________________________________________________
Goal 3: ____________________________________________________________

**Timed**: Set specific target dates for accomplishing your goals.

Goal 1: _____________________
Goal 2: _____________________
Goal 3: _____________________