



# Confidence Uncovered

simple strategies to improve your confidence & self-esteem

## S.M.A.R.T. Goals Worksheet

S

Specific

What single thing do I SPECIFICALLY want to achieve with this goal?

M

Measurable

How will you know when you've achieved with this goal?

A

Achievable

Can you achieve this goal with your current skills and resources, or will you need help?

R

Relevant

Does this goal align with your overall life goals? Is it relevant right now?

T

Time-Bound

What is the timeframe for this goal? Set a specific date, you can change it necessary later.

Now, write your SMART goal here: