

SMART Goal Reflection Sheet

A gentle guide to turning your vision into kind, intentional steps

Start with Your Vision

What's something you deeply want to move toward — in your life, creativity, or business?

Write freely. Don't worry about being "practical" yet. This is a space for dreaming.

My vision looks/feels like:

Let's Make It SMART

Now we'll gently shape that vision using the SMART framework. Remember, this is a guide — not a rulebook.

S – Specific

What exactly would you like to do? Can you name it clearly and kindly?

My goal is to:

M – Measurable

How will you know you're making progress or when you've completed it?

I'll know I'm progressing when:

A – Achievable

Is this goal doable given your current energy, time, and support? What would make it feel realistic?

This feels achievable because:

R – Relevant

How does this goal support your deeper vision, values, or creative purpose?

This matters to me because:

T – Time-Bound (with flexibility)

When would you *like* to move forward on this? Choose a gentle timeline that supports your rhythm.

I'll begin by:

Kind Support Check-In

What support, rest, or self-compassion might you need as you pursue this goal?

I will care for myself by:

"I am allowed to move slowly. I am building something beautiful at my own pace."