

# M-SMART GOAL WORKSHEET

**M-SMART Goals** are goals that are *motivation-focused, specific, measurable, attainable, realistic, and time-bound*. A well-constructed **M-SMART Goal** should loosely follow the format, *I want to achieve [goal detail] by [date] because [motivation]*. To understand **M-SMART Goals**, see pages 23 through 28 in **Foundations of Execution**.

**Prerequisites:** Before continuing, make sure you understand **Personal Culture** and your personal definitions of **Foundational Wealth**. From there, you can use this worksheet to define **M-SMART Goals** for any ambitious or complex goal/undertaking you explore *that already have a CMV defined*.

## M-SMART Goal

I want to achieve...

(goal detail)

...by...

(date)

...because...

(motivation)