



SMART Dad Goals Guide

Set goals you'll actually stick to in 2026.

A simple, practical goal-setting guide
for real dads with real lives.

Forget resolutions.

This guide helps you set 4 realistic goals for 2026 - goals you can actually follow through on. Real goals for real dad-life. Use this page to understand the SMART framework before you start writing.

S

Specific

Say exactly what you want to do. No vague “be better” stuff.

M

Measurable

How will you know it’s working? Choose something you can track.

A

Achievable

Set a goal you can realistically reach with the time and energy you have..

R

Relevant

Pick goals that matter to you and your family right now.

T

Time-bound

Give it a timeframe. Deadlines make goals real.

Goal #1

S **Specific** : What exactly do you want to achieve?

M **Measurable** : How will you track this?

A **Achievable** : What makes this realistic for your life?

R **Relevant** : Why does this matter right now?

T **Time-bound** : When do you want this done by?

Final SMART Goal

Goal #2

S **Specific** : What exactly do you want to achieve?

M **Measurable** : How will you track this?

A **Achievable** : What makes this realistic for your life?

R **Relevant** : Why does this matter right now?

T **Time-bound** : When do you want this done by?

Final SMART Goal

Goal #3

S **Specific** : What exactly do you want to achieve?

M **Measurable** : How will you track this?

A **Achievable** : What makes this realistic for your life?

R **Relevant** : Why does this matter right now?

T **Time-bound** : When do you want this done by?

Final SMART Goal

Goal #4

S **Specific** : What exactly do you want to achieve?

M **Measurable** : How will you track this?

A **Achievable** : What makes this realistic for your life?

R **Relevant** : Why does this matter right now?

T **Time-bound** : When do you want this done by?

Final SMART Goal
