

S.M.A.R.T GOAL SETTING

What is my goal?

Why is my goal important?

THINKING ABOUT MY GOAL



**Goal
Completion Date**

My Support System

Who can I ask for help?

What materials do I have or
can I ask for?

How often will I remind
myself of my plan?

S.M.A.R.T. GOAL SETTING

ACTION PLAN



What are three steps I need to take to achieve my goal?

STEP 1:



First I will,

When will I do it?



STEP 2:



Next,

When will I do it?



STEP 3:



After that,

When will I do it?

S.M.A.R.T. GOAL SETTING

CHALLENGE

What challenge might I encounter?

How can I overcome this challenge

Where can I get help?

Something I already have that can help me

HOW MOTIVATED AM I?

Please tick the answer that applies to you

How challenging is the goal for me?

- ☐ a. Not at all
☐ b. Somewhat
☐ c. Very

Can I do it?

- ☐ a. Yes, definitely
☐ b. Maybe
☐ c. Probably not

How much do I want to achieve it?

- ☐ a. Not at all
☐ b. Somewhat
☐ c. Very

Why?

Who else wants me to achieve this goal and why?

S.M.A.R.T. GOAL SETTING

What is your goal:

Is it S.M.A.R.T.?

S.M.A.R.T GOAL CHECKLIST



S

SPECIFIC

Is the goal clearly written, with no ambivalence?

☐

M

MEASURABLE

Can you track your progress and know exactly when your goal is met?

☐

A

ATTAINABLE

Is your goal a reasonable one?
Can you get the support you need to achieve this goal by the target date?
Do you have all the resources needed to achieve the goal?
Are the results expected realistic?

☐

R

RELEVANT

Is your goal worthwhile? Will the goal make a difference/improvement to your life?

☐

T

TIMELY

Does your goal state a clear and specific completion date?

☐