

# 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?

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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?



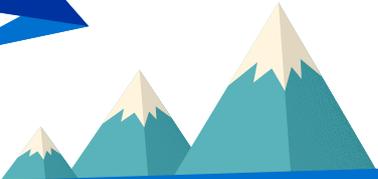
STEP 3:



After that,

When will I do it?

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**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

 <b>S</b>	 <b>M</b>	 <b>A</b>	 <b>R</b>	 <b>T</b>
<b>SPECIFIC</b>	<b>MEASURABLE</b>	<b>ATTAINABLE</b>	<b>RELEVANT</b>	<b>TIMELY</b>
Is the goal clearly written, with no ambivalence?	Can you track your progress and know exactly when your goal is met?	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?	Is your goal worthwhile? Will the goal make a difference/improvement to your life?	Does your goal state a clear and specific completion date?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>