

SMART GOALS

S Specific

What do I want to achieve? Answer “What, When, Where, How often, and With Whom?”

M Measurable

What am I doing or not doing now that needs to change? How will I track my progress?

A Achievable

Think big but act small. What is the first easy small step I will do (vs. stop) to start?

R Relevant

How is this goal important? What will be different? What is the cost if I don't do it?

T Time Bound

What is the end-point? How will I track my daily efforts? (My effort, not the outcome that contributes to resilience.)

SMART GOALS



MY GOAL IS :

SPECIFIC

What do I want to happen?

S

MESASUREABLE

How will I know when I have achivd my goal?

M

ATTAINABLE

What do I want to happen?

A

RELEVANT

Why is my goal important to me?

R

TIMELY

What is my deadline for this goal?

T

Goal SETTING

START DATE: ___/___/____

END DATE: ___/___/____

MY GOAL IS ...

MY WHY

TO REMEMBER

ACTION STEPS

OBSTACLES (& STEPS TO OVERCOME)

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRAW & SKETCH

GRATEFUL FOR

— “ —————

————— ” —

Goal SETTING

START DATE: ___/___/____

END DATE: ___/___/____

MY GOAL IS ...

MY WHY

TO REMEMBER

ACTION STEPS

RESOURCES

- _____
- _____
- _____
- _____
- _____
- _____
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OBSTACLES (& STEPS TO OVERCOME)

GRATEFUL FOR

- _____
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