

Name: \_\_\_\_\_ Goal Start Date: \_\_\_\_\_

Goal Completion date: \_\_\_\_\_

**1. My goal is:**

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**2. This goal is important to me because:**

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**3. Steps to reaching my goal:**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_



**5. Potential problems that might keep me from completing my goal are:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**6. My plan for overcoming the potential problems are:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**SMART Goal Checklist**

<b>S</b> PECIFIC <input type="checkbox"/>	Is the goal detailed?
<b>M</b> EASUR- ABLE <input type="checkbox"/>	How will you know when you've completed your goal?
<b>A</b> CHIEVABLE <input type="checkbox"/>	Is the goal possible/realistic?
<b>R</b> ELEVANT <input type="checkbox"/>	Is the goal important to you? Will it be rewarding?
<b>T</b> IME <input type="checkbox"/>	Does the goal have a specific achievement date?

**7. I will know I have reached my goal because:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

