

SMART Goal Setting

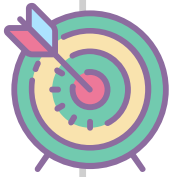
Setting realistic and achievable goals

My overall goal is:

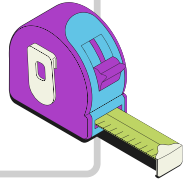
One step that will take me closer to my goal is:



The action/step I will take is... (be specific & clear, consider what, who, where, & where)



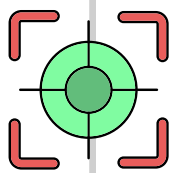
I will know I have completed this action/step because...



What I need to achieve this action/step is....



This goal is important to me because...



I will achieve this action/step by....



Things that may get in the way of me achieving this goal:

Things I can do to make achieving this goal more likely: