

Goal Setting: SMART Goals

Part 1. Write Down 4 Goals:

1. _____
2. _____
3. _____
4. _____

Pick one goal from above: _____

<u>S.M.A.R.T.</u> <u>Goals</u> S pecific M easureable A chievable R elevant T imely
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Part 2. Break it into smaller steps—remember these are measurable and attainable.

Step	Time Needed (if applicable)	Deadline

Part 3. What are resources, places and/or people who can help you in achieving this goal?

What obstacles might get in your way?

What will you do to overcome these obstacles?

Part 4. How will you know you have achieved this goal? What will it look like and what will it feel like?

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