

Name: _____

Date: _____

1. What is your goal(s)?

2. Is this a SMART goal?

Specific: What do you want to do?

Measurable: How will you know you've reached it?

Achievable: Is it in your power to accomplish it?

Realistic: Can you reasonably achieve it?

Timely: When exactly do you want to accomplish it?

3. Why do you want this goal?

4. Obstacles - What is going to get in my way and how do I overcome it?

5. Who can support you and hold you accountable to your goal?

Goal: _____

<p>Daily Goals Goals for each day</p>	<p>Short Term Goals Goals for a short period time (month)</p>	<p>Long Term Goals Goals for longer period of time (year)</p>
<p>Process Goals Small goals with specific skills</p>	<p>Performance Goals Goals that can improve performance</p>	<p>Outcome Goals Largest goal like winning or a prize</p>

What Sacrifices Might Be Made?

What Choices Will You Make?

How Will I Monitor My Progress?
