

GOAL WORKSHEET

MY (SMART) GOAL

REMEMBER: Outcome SMART - Specific, Measurable, Achievable, Realistic, Timed.
Process SMART - Specific, Meaningful, Activity, Realistic, Try It

Why? Which value(s) does this tie to?

What are likely reinforcing and balancing forces? Be specific.

1.

2.

3.

What will I do (effort)? How will I deal with the balancing forces? Be specific.



How often will I get feedback? Who can help, do I have a goal buddy or other social support?

**Where and when will I note progress, learning, and my feelings/concerns?
(calendar/goal journal/other)**

How long will I keep this up? This could be a goal deadline for an outcome goal or a sustainable habit for a process goal.

How will I celebrate my progress?

What does success look like, feel like, sound like?

