

Goal Action Plan!

Identify the Goal:

Relate to a Personal Value

S.M.A.R.T

Specific clear description of what must be done

Measurable..... how will I know success is achieved

Attainable..... a reasonable likelihood of success with perseverance

Relevant..... what makes this important today and potentially for the future

Timely clear understanding of what must be done when

What is the purpose and benefits of this Goal?

Who will hold me accountable?

What are the Predictable Obstacles?

What are the resources needed?
(Skill / Knowledge / People / \$\$...)

What will achieving this goal do for the quality of my emotional self?

What are the 1st 3 steps forward?

Reward / Celebration

What is Next?