

SMARTER GOAL



SMARTER GOAL (Write your final goal here as an "I" statement). The goal should be clearly articulated so that everyone is on the same page with the objective. Define what will be accomplished and the actions to be taken to accomplish the goal:

SPECIFIC	MEASUREABLE	ACTIONS	REALISTIC	TIMEFRAME	EVALUATE	REWARD
<ul style="list-style-type: none"> • Can you articulate more clearly what you are trying to do? • Can you summarize this in one thought? • Refine that thought. Can you summarize it as a bottom line? 	<ul style="list-style-type: none"> • How will you know that you attained your goal? • Can you quantify or put numbers too your outcome? • What effect will your goal have on your life / effectiveness? 	<ul style="list-style-type: none"> • What steps do you need to take to accomplish this goal? • In what order do you need to take each step? 	<ul style="list-style-type: none"> • Is this goal dependent on someone else? • Can you rephrase the goal, so the actions only depend on you and not others (not your support group)? • Are there any things that would prevent you from accomplishing this goal? If so, what are they? (energy zappers, distractions, environments, emotions/thoughts, limiting beliefs, etc?) 	<ul style="list-style-type: none"> • When will you reach this goal? • Can you give me a time limit? • How long would it take to create sustainable habits in this area? 	<ul style="list-style-type: none"> • When will you evaluate your progress? • Which goals did you meet? Which goals fell short? • What motivates you to keep going? If you fell short, what can you do differently in the future? • What are 2-3 steps/goals you will focus on next? What do you need to adjust to move forward? 	<ul style="list-style-type: none"> • What are 2-3 wins / lessons you've learned along the way? • How can you celebrate your progress?

INITIAL GOAL (Process your goal here)

MEASURE
