

S.M.A.R.T. Goal

1	Write Your Goal:	
Steps		
Steps	Coaching Questions	Actions
Specific	<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 a bottom line? 	
Measurable	<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 affect will your goal have on your life/effectiveness? 	
Attainable	<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? 	
Relevant	<ul style="list-style-type: none"> • What would you like to do? • Of the items you mentioned, what things would you like to change most? • Is there anything else that is important that you have not shared? 	
Time-specific	<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 a sustainable habit in this area? 	