



My Goal Is...

My target date is...

This goal is important to me because...

- Is my goal SMART?**
- Specific
 - Measurable
 - Achievable
 - Relevant
 - Time-bound

What will I need (resources/people) to help achieve this goal?

- My Key Strengths that will be helpful are...**
- ① _____
 - ② _____
 - ③ _____
 - ④ _____

| Potential Obstacles... | How I will respond... |
|------------------------|-----------------------|
| ① _____ | ➤ _____ |
| ② _____ | ➤ _____ |
| ③ _____ | ➤ _____ |

Actions I need to take to achieve my goal...

| Action | People/Resources Needed | Due By |
|---------|-------------------------|--------|
| ① _____ | _____ | _____ |
| ② _____ | _____ | _____ |
| ③ _____ | _____ | _____ |
| ④ _____ | _____ | _____ |