

GROWTH MINDSET GOAL ACTION PLANNING FRAMEWORK

What is my SMART goal?

Specific
Motivational
Actionable
Realistic
Time-bound
GOALS

Current State


Where am I now? To meet this goal, what new skills or knowledge will I need to learn?

Identify Obstacles

What fears or barriers might be holding me back?

What obstacles might happen as I work toward my goal?

How do I sabotage myself and limit my own success?



ACTION PLAN: TASK ANALYSIS


Task	Planned Completion Date	Notes
1.		
2.		
3.		
4.		
5.		

Support System: Get plugged in!

Who could give me feedback on my progress and strategies?

Who can support me?

How often will I review my goal and plan?



How will I know I achieved my goal?



Motivation Evaluation

How challenging is this goal for me?
a. Not at all... b. Somewhat... c. Very... Can I do it?

a. Yes, definitely b. Probably c. Maybe d. Probably not
How motivated am I to achieve this goal? WHY?
a. Not at all... b. Somewhat... c. Very...

Who else wants me to achieve this goal and why?

What or who is inspiring to me to me when I think about achieving this goal?

