

Goal Planner



Created / / Deadline / / Achieved ☐

How important is this goal?

☐

☐

☐

☐

☐

My Mood

☐

☐

☐

☐

☐

The Goal I am working towards

Why is this goal important to me?



SPECIFIC

What resources do I have?



MEASUREABLE

What challenges may I face?



ATTAINABLE



RELEVANT

How can I overcome these challenges?



TIMELY

GOAL SETTING

TURN YOUR DREAMS INTO REALITY

Use the SMART tool to help you plan and achieve your goals. This approach will take the guess work out of your goals, understand your timeline, track your progress and identify missed milestones.



S

SPECIFIC

Who, what, where & why



M

MEASURABLE

You can't improve what you can't measure.

How is your goal trackable?



A

ATTAINABLE

Challenging but not impossible.

Are you aiming too high, or too low?



R

REALISTIC

Closely connected to your goal.

Be honest, what are you capable of?



T

TIMELY

A date to hold you accountable.

What steps need to be completed by which date?