**SMARTER Goal Action Plan Template**

**Goal Statement:**
(Write your SMARTER goal here, ensuring it is Specific, Measurable, Achievable, Relevant, Time-Bound, Evaluated, and Rewarded.)

**Step 1: Define your goal**

* What do you want to achieve?
* Why is this goal important to you?

**Step 2: Break it down into smaller tasks**

(List the key tasks you need to complete to reach your goal.)

**Step 3: Create an action plan**

*Below is just an example to help guide you in creating your own based on your goal/s.*

| **Tasks** | **Resources Needed** | **Deadline** | **Progress Notes** |
| --- | --- | --- | --- |
| *Research pediatric communication techniques* | *Spend 1 hour per week reading articles, watching webinars, or taking online courses. Observe other practitioners* | *April 1* |  |
| *Identify and implement one new strategy per week* | *Paediatric patients* | *May 1* |  |
| *Gather feedback from parents* | *Feedback forms* | *June 1* |  |
|  |  |  |  |
|  |  |  |  |

**Step 4: Plan for Challenges & Solutions**

What obstacles might you face?

How will you overcome them?