

Date		Coach name	
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SMART Goals

Good goals are **SMART** :

Specific (*clearly defined and thought-out: what exactly are you doing?*)

Measurable (*incremental, quantifiable: how do you know you're improving?*)

Attainable (*can you feasibly, really do this?*)

Relevant (*does this matter to you? Is it in line with your values?*)

Time-bound (*when will you have achieved your goal?*)

What do I want to achieve? (S/A)

This goal is important to me because... (R)

What resources do I need to achieve this? (A)

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Here are my steps to achieve this goal. (M/T)

STEPS I WILL TAKE TO COMPLETE MY GOAL:	I'LL ACCOMPLISH THIS BY [DATE]:

What are obstacles that might get in my way?

What can I do if I run into these obstacles?

How will I feel when I reach my goal?

<p>My complete SMART Goal:</p> <p>I will _____ [objective] by _____ [date].</p>
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