

My SMART goal plan

PLAN • BEGIN • REVIEW



Turn an intention into small, workable steps

Choose one goal that matters to you. Keep it flexible: a useful plan can be adjusted as you learn what helps.

S

SPECIFIC

What exactly do I want to move towards? What is the first small step?

M

MEANINGFUL & MEASURABLE

Why does this matter to me? What signs will show that I am making progress?

A

ACHIEVABLE

What feels realistic with my current energy, health, time and responsibilities?

R

RESOURCED & RELEVANT

What support, information or adjustments will help? Does this goal fit my needs and values?

T

TIME-FRAMED

When will I begin, review and adjust the next step?

MY NEXT STEP

I will...
