

Personal goal setting

Name _____

Date _____

Make your goal SMART (Specific, measurable, attainable, relevant and time-bound). It needs to also be ABC (achievable, believable, and conceivable). You need to be able to VISUALIZE SUCCESS!

<u>Goal #1</u>
I will. . .

<u>Goal #2</u>
I will. . .

Identify your SUPPORT SYSTEM:

1. _____ 2. _____ 3. _____

Develop your ACTION PLAN based on SORT (Steps, Obstacles, Resources, Timeline)

<u>Goal #1: Steps</u>

<u>Goal #2: Steps</u>

<u>Goal #1: Obstacles</u>

<u>Goal #2: Obstacles</u>

<u>Goal #1: Resources</u>

<u>Goal #2: Resources</u>

<u>Goal #1: Timeline</u>

<u>Goal #2: Timeline</u>

Goal-Setting: Time to Revisit

- ❖ Monitor, Pause, Reflect and Continue:
How are you monitoring/recording your progress? (i.e. journal, calendar, progress chart)
- ❖ Re-enter the process and adjust at any step:
Ask, "Do I need to make any changes?"
- ❖ Evaluate, Assess, and Affirm:
 - Ask, "What is working? What is not working?"
 - Self-Assess: A=Absolutely accomplished, B=Best possible, C=Could have been better, D=Distracted, F=Forgot all about it
- ❖ Celebrate Success:
How will you celebrate your success? If you have not already come up with a way to celebrate, do it today! It gives you something to look forward to after sticking with your plan and getting it done!
- ❖ Set a New Goal and keep the process going!