

SMART(+) Goals Worksheet

1 My specific goal is to: _____ by _____

2 The reason I want this goal is: _____

3 Here are the **Action Steps** I'm taking: 4 How I'll **Measure** my progress & **Celebrate** my wins:

8 These are my **Pitfall Plans**:

5 I will use these **Primers**:

Check List: Is my goal:

6 An **approach** goal?

7 **Realistic** to achieve?

9 For **Accountability**, I will ask _____ to help me by _____

10 This is my **Commitment** Contract to myself:

Signature: _____ Date: _____

SMART+ Key Concepts

<p>1 Specific & Timely</p> <p>Specific goals are more likely to be met than vague or Do Your Best goals. Time parameters help with specificity.</p>	<p>2 Intrinsic</p> <p>Motivation is marked by a genuine desire, value & internal drive to meet the goal.</p>	<p>3 Action Steps</p> <p>Breaking the goal into it's smallest action steps helps motivate the unconscious mind to accomplish the goal.</p>	<p>4 Measurable</p> <p>Assessing your progress supports achievement. How will you know when you get there?</p>	<p>5 Realistic</p> <p>This means the goal is reachable in the time period that's set.</p>
<p>6 Primers</p> <p>Reminders and cues in your environment can keep your brain primed for success.</p>	<p>7 Approach Goal</p> <p>It takes more energy to avoid something than to approach it. Approach goals are affirmative goals you want to meet.</p>	<p>8 Pitfall Planning</p> <p>Implementation intentions support the mind when challenges arise. Made goals 3x more effective.</p>	<p>9 Accountability</p> <p>Having external accountability significantly boosts productivity</p>	<p>10 Commitment</p> <p>Exercises as simple as stating or writing a commitment enhance goal achievement.</p>