Name ________________________________

SMART Planning Worksheet

What is your SMART goal? __________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Obstacles
What potential obstacles are most likely to keep or delay you from completing your goal?

• ____________________________________  • ______________________
• ____________________________________  • ______________________

Solutions
What are some potential solutions to these obstacles? How do you plan to respond?

• ____________________________________  • ______________________
• ____________________________________  • ______________________

Improvements
What personal changes or improvements do you need to make for you to implement these solutions and overcome these obstacles?

• ____________________________________  • ______________________
• ____________________________________  • ______________________

Resources
What individuals, programs, and services are available to help you?

• ____________________________________  • ______________________

Specific Action Achievements

Action achievements should be specific, measurable, and achievable steps. What steps or objectives do you need to accomplish to achieve your SMART goal?

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<th>Achievements/Objectives</th>
<th>Expected Completion Date</th>
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If one or more of my actions do not work, then what will I do? ________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________