

Goals Checklist

Write your goal here:

Checklist for attaining your goal

- _____ My goal is SMART: specific, measurable, attainable, relevant, time -based.
- _____ I have explored the resources and support mechanisms that I will need.
- _____ I have identified and planned for potential obstacles to my goal.
- _____ I have established a method of accountability.
- _____ I have allotted a fixed, maximum unit of time to achieve the goal.
- _____ I feel ready, confident and committed to take the actions needed.

What actions are you committed to taking in order to achieve this goal?
