

SMART+ Goals Worksheet

- S** = Specific
- M** = Measurable
- A** = Attainable/ or Agreed Upon
- R** = Realistic
- T** = Timely - allowing enough time for achievement

S - This part of your goal will answer the "What, Why, and How?" of the goal. Ensure goal is an approach vs an avoidance.

M - Short term goal set to know when the goal has been attained.

A - Ensure that the goal is hopeful and attainable.

R - Ensure that the goal is within reach given current skills, resources, and time.

T - Ensure enough time to achieve the goal. Set smaller goals within the larger goal.

+ Accountability - How will you be held accountable for this goal?

Micromovements To Achieving Goals

What is my first step I'm willing to take toward my goal?

What am I willing to notice about what is going well? Where will I keep track of what I'm noticing?

What experiments am I willing to try?

Who will be my accountability buddy?

G Stands for Goal

Where do you want to be?

Describe in detail what your ideal end point looks like.

List some specifics about variations of that end point.

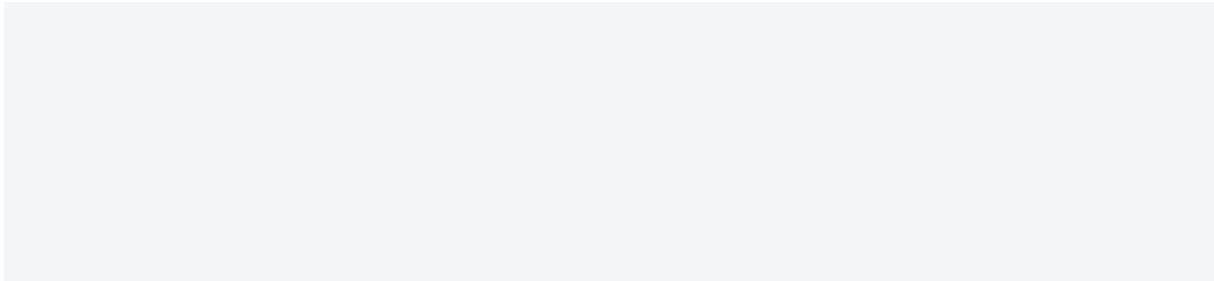
On a scale of 1 to 10 (10 being the best), how hopeful that you can reach that end point?

What are sub goals that accompany the big goal?

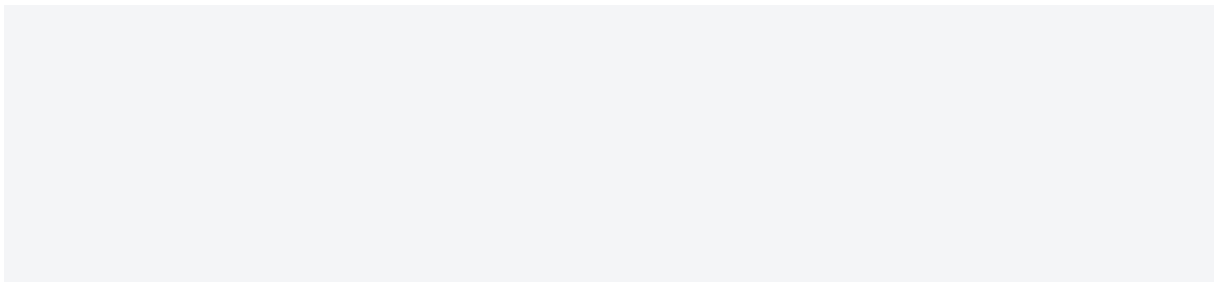
What bigger goals will achieving this goal lead to?

R Stands For REALITY

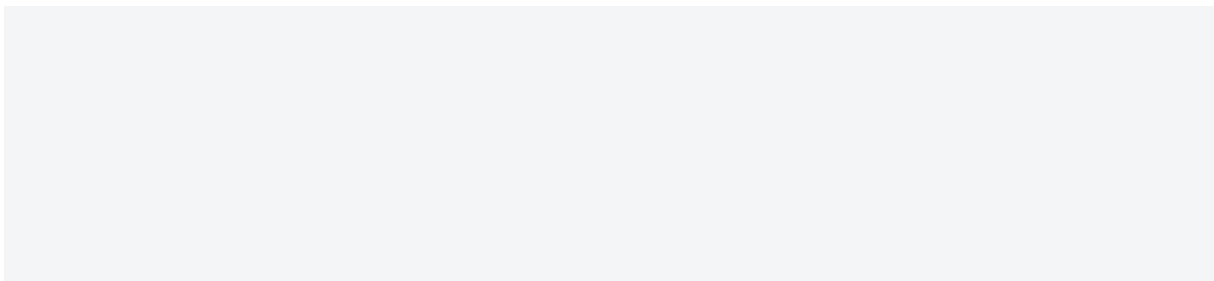
Where are you right now with this goal?



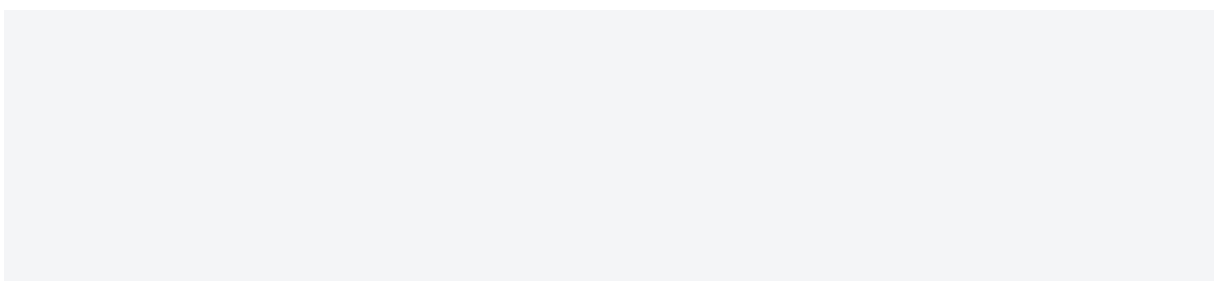
What strengths can you use to achieve your goal?



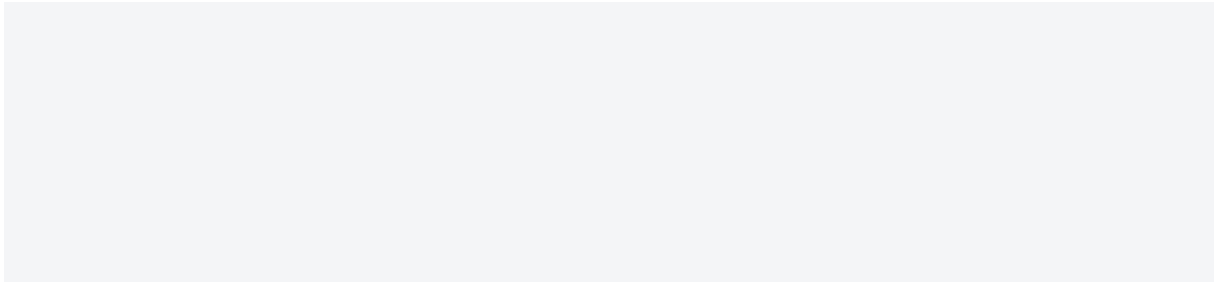
What assumptions do you have about reaching your potential?



What obstacles are you currently facing?



What strengths are available to help you take steps toward your goal?



O Stands for Options

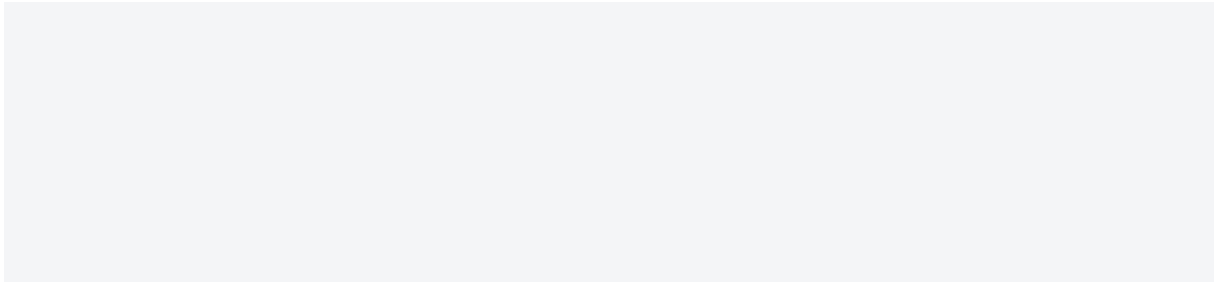
What are some of the options to reaching your goal?

Which choice energizes you the most?

What will you do in the next 24 hours?

If money was not an obstacle, what would you do?

How do you want to progress?



W Stands For WAY FORWARD

What is your first step forward?

What are sub-steps that need to be taken?

When will you know you've reached your goal?

How will you be held accountable?

Who needs to be included in your process?

How will you celebrate your wins?