

SMART goals are
Specific Measurable Accountable Realistic Time Sensitive

What is the #1 change you would like to see for yourself over the next 2 months?

What specifically needs to be done to help you make that change?

How will you know the change has occurred?

Who will hold you accountable to reaching this goal and how will you monitor your progress?

Why is this change important to you?

Compose a SMART goal that you will work toward over the next 2 months.

Week 2 reflection:

What progress have you made toward your goal?

What is one of the obstacles you have encountered and how do you plan to overcome it?

Week 3 reflection:

Is your goal realistic? How does it need to be modified?

What is a short term goal for this next week that will help you reach your bigger goal?

Week 4 reflection:

What is the most positive change you have made over the past 3 weeks?

What are the barriers you see between you and your goal? What step(s) will you take to overcome these barriers?

Week 5 reflection:

What progress have you made toward your goal?

Now that you are halfway through the time allotted to achieve your goal, what changes (if any) need to be made to your goal?

Week 6 reflection:

Who are you going to share your goal setting success with this week?

How will you encourage someone else as they work toward their goal?

Week 7 reflection:

What needs to happen over the next two weeks to help you meet your goal?

Who is going to hold you accountable to what you answered to the previous question?

Week 8 reflection:

How are you going to celebrate the progress you have made over the past two months?

What is the greatest thing you have learned about yourself over the past two months?