

GOAL BRAINSTORMING GUIDE

NAME _____

SEMESTER _____

1 DEFINE YOUR GOAL

Make your goal S.M.A.R.T.

Specific: What exactly do you want to accomplish?

Measurable: How will you know when you've reached this goal??

Actionable: What do you need to do in order to reach your goal?

Realistic: Is this goal reasonable? How do you know?

Timely: When will you reach this goal? What is your deadline?

2 WHY IS THIS IMPORTANT TO YOU?

This will help you know how much time & energy is worth investing

3 WHAT BARRIERS OR OBSTACLES ARE THERE?

Identifying & addressing potential bumps sets you up to manage them better when & if they arise

4 BREAK IT DOWN INTO STEPS

Smaller steps will make it much easier to achieve - as you celebrate success along the way

5 WHAT SKILLS OR RESOURCES WILL YOU NEED?

What do you need to learn or use to support your goal achievement?
