Wicked S.M.A.R.T. Goals

S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic. SMART Goals help you have a clear vision of the path to the goal.

Initial Goal *(Write the goal you have in mind)*:

_____

_____

1. **Small / Specific** – Is this goal small enough to be achievable?
   a. *What specifically do you want to accomplish?_____*
   b. *Is this goal in your control? _____*
   c. *Who needs to be included? _____*
   d. *What do you need from others?_____*
   e. *How will this move you forward?_____*

   _____

   _____

2. **Manageable** – Do you have the bandwidth and resources?
   a. *Do you have the time to work towards this goal?_____*
   b. *Is the amount of effort required on par with what the goal will achieve?_____*
   c. *How will you track your progress?_____*
   d. *What means are required for this goal? _____*

3. **Affirmative – will this have a direct positive impact on your life now?**
   4. *Do you have the skills required to achieve the goal?_____*
   5. *If not, how can you obtain them? _____*
   6. *What is the motivation for this goal?_____*

   _____

7. **Reward – What will the reward be when you reach this goal?**
   a. *Why am I setting this goal now? _____*
   b. *Is it aligned with immediate needs, or is this a want/long term goal? _____*
   c. *What obstacles could interfere with this timeframe? _____*

   _____

   d. *How will you adjust to the obstacles? _____*

   _____

e. *Is there something that needs to happen before you set this goal?*
_____
_____

f. *How will you -what is the- reward of achieving this goal?*

_____

8. Timed – Can you set a clear time frame for when you want to complete this goal?
a. *When do you want to achieve this goal by?* _____
b. *Is this time-frame reasonable and realistic?* _____
_____

S.M.A.R.T. Goal *(Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed):*
_____
_____
_____

GOAL

I want to
Back-staging your goal

First things that I must do to move this goal forward:

1. _____

2. _____

3. _____

GOAL

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Back-staging your goal

First things that I must do to move this goal forward:

1. _____

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3. _____

Notes: