

Name: _____

Date: _____



Overall goal for this semester:

New location! Henry Hall 112

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Sub Goal 1:

Action Steps to achieve it:

1.

2.

3.

Sub Goal 2:

Action Steps to achieve it:

1.

2.

3.

Sub Goal 3:

Action Steps to achieve it:

1.

2.

3.

SMARTER GOAL CHECKLIST

are my goals...?

- Specific**
- Measurable**
- Action-oriented**
- Relevant**
- Time-bound**
- Evaluated**
- Rewarded**

Goal Planning Worksheet

Sometimes big goals can be overwhelming. Try breaking your SMARTER goals down into sub-goals and specific action steps to keep you motivated. This way, small steps can turn into big wins. Use this worksheet to identify action steps for your goal or sub-goal and plan for when and how you will complete those action steps.

SMARTER Goal or sub-goal: _____

What action steps do you need to take to make your SMARTER goal happen?	What resources or materials do you need for this step?	What support from other people do you need for this step? Who can support you on this step?	How much time do you need to implement this step? When does it need to be completed?	Are there any costs associated with this step? How will you fund them?	What obstacles might you encounter in this step? How will you address them?



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