

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?