



MY “**SMART** GOALS” PLAN OF ACTION

“A goal is a dream with a deadline.”

Patient Name: _____

Why Plan? Goals help you focus your efforts and break down your big picture dreams into specific, achievable tasks. Goals can help you make your dreams come true...just remember to keep them **SMART**.

Specific goals state clearly and concisely what you want to accomplish.

Measurable goals state what you want and when you want it. They enable you to measure your progress at any point along the way.

Action-Oriented goals state how they will be achieved. They specify what you will do to reach your goal.

Realistic goals are possible. They are attainable, considering the resources and constraints relative to your situation.

Timely goals have a specific deadline. They allow reasonable time to achieve them, but not so much time that you lose focus or motivations.

SMART goals you can set are:

1. _____
2. _____
3. _____
4. _____
5. _____

GET STARTED Action Items List (HOW you will achieve these goals):

1. _____
2. _____
3. _____
4. _____
5. _____