

Targeting My Future Success

My SMART goal is _____

The steps I will take to help me reach my goal. (Remember to put a date when each will be done.)

Action Step 1:

Action Step 2:

Action Step 3:

To get started:

What can I do today?	This week?	This month?

What challenges can I already Predict?

How will I stay on track, challenge myself, reward myself, and remind myself to stick to my plan even if I'm having a bad day, week, or month?

Who can I ask to give me support, reinforcement, or guidance along the way? (It's often easier to meet a goal when others know about it and can help us reach it.)

If I need more information, where can I go to find it, take a class, or get a referral?

How does the goal fit with my Habitudes? How will they naturally support me? How will i need to be pro-active to be prepared for my Habitude challenges and keep them from sabotaging my efforts?

How will changing my behavior affect others, and how can I be prepared if they suggest things that don't fit with my values and goals?