

# S.M.A.R.T.E.R. GOAL (Be Specific! Quantify this if possible. For example, 'Coach 10 clients/week')

Your Goal: \_\_\_\_\_

<p><b>SETUP</b> How will you know when it has been achieved? How will you feel?</p>	Enter your info	Enter your info	Enter your info
<p><b>MILESTONES</b> For example, How many clients per week?</p>	Enter your info	Enter your info	Enter your info
<p><b>ATTAINABLE?</b> External obstacles? How to overcome? Internal resistance? How to deal with it? Resources needed? Who will help?</p>	Enter your info	Enter your info	Enter your info
<p><b>REALISTIC?</b> What steps must you take, in what order?</p>	Enter your info	Enter your info	Enter your info
<p><b>TIME-DATED?</b> Start date and end date for each milestone and for project as a whole</p>	Enter your info	Enter your info	Enter your info
<p><b>EVALUATION</b> At each end date (for milestones and for project as a whole)</p>	Enter your info	Enter your info	Enter your info
<p><b>REWARD</b> On completion of each milestone and project as a whole</p>	Enter your info	Enter your info	Enter your info