

Steps Towards a Goal

**Specific
Measurable
Appealing
Realistic
Time-limited**

GOAL: _____

Break your goals into mini-steps. Lay them like bricks until you have built what you want. Use the “SMART” acronym to plan each step.

Step 6	What: When: Possible obstacles?
Step 5	What: When: Possible obstacles?
Step 4	What: When: Possible obstacles?
Step 3	What: When: Possible obstacles?
Step 2	What: When: Possible obstacles?
Step 1	What: When: Possible obstacles?