

# Evaluating My SMART Goal

My name is \_\_\_\_\_ and my goal is \_\_\_\_\_



This goal is important to me because:

What I have to do to reach this goal:

What are potential obstacles and how can I overcome them:

What will happen if I reach this goal:

What will happen if I **don't** reach this goal:

Who can help me achieve this goal:

Other resources I need to reach this goal:

I will know I reached it when \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is my goal feasible? Yes No



How much confidence do I have in my ability to reach this goal?

Very Low

So-So

Very High

1 2 3 4 5 6 7 8 9 10