

Setting **Goals.**

Template to help you set and break down a goal.



What is your goal?

Re-write your goal so it is SMART.

A SMART goal is specific, measurable, achievable, realistic and timely. Ask yourself if your goal covers each one of these.

What steps could you take to work towards your goal?

Step:

Deadline:

Step:

Deadline:

Step:

Deadline:

Step:

Deadline:

Step:

Deadline:

Step:

Deadline:

Step:

Deadline:

What barriers could you face when working towards your goal?

Barrier:

Solution:

Barrier:

Solution:

Barrier:

Solution: