

GOAL PLANNING FORM

What is your *smart* goal?

- Specific-what do you specifically want to accomplish
- Measurable-how will you know you've achieved it?
- Achievable-can a person do this?
- Realistic- can you do this with the time and materials available?
- Time phased-by when will you achieve your goal?

Does this goal support or conflict with your values?

Is it worth the time, effort and expense?

How will you benefit from achieving this goal? *Or* What problems will you avoid by achieving this goal?

Imagine what your life will be like once you've achieved your goal.

What are some possible internal or external:
Obstacles that might come up?

Solutions to these obstacles?

What are the specific actions you will take and when will you take them?

Sydney Metrick, PhD
CHICKEN SOUP COUNSELING
www.ChickenSoupCounseling.com
510 223 3882
Sydney@chickensoupcounseling.com