

## Goal Setting Exercise and ACTION Plan

<b>Goal:</b>		
<b>Motivation (is it a SMART goal?):</b>	<b>Y</b>	<b>N</b>
Specific = you know EXACTLY do you want to accomplish		
Measurable = you know when you have done it		
Actionable = you know you can move forward and have evidence to back it up		
Resonant = you feel driven to accomplish it		
Thrilling = accomplishing this goal will thrill you		
<b>Action Item:</b>	<b>Date Action to be Taken:</b>	
<b>Obstacles (notice what which are real + which are saboteur):</b>	<b>Planned Response:</b>	
<b>REWARD(S) FOR COMPLETION</b>		