

GOAL SETTING REFERENCE POSTER

★
Plan it. Work on it. Achieve it.

THE GOAL SETTING PROCESS

1 CHOOSE A GOAL

What do you want to achieve?



2 MAKE A PLAN

What steps will you take?
What do you need?



3 TAKE ACTION

Start your plan and do your best!



4 CHECK YOUR PROGRESS

How is it going?
What's working?



5 REFLECT AND ADJUST

What will you keep doing?
What will you change?



SMART GOALS

S SPECIFIC

Be clear.
What do you want to do?



M MEASURABLE

How will you know when you reach it?



A ACHIEVABLE

Is it possible with effort and your resources?



R RELEVANT

Does it matter to you?
Why?



T TIME-BOUND

When will you reach your goal?



REFLECTION CHECK-IN



What is my goal?



What steps will I take?



How is my progress?



What will I do next?

★ SMALL STEPS. CONSISTENT ACTION. BIG RESULTS. ★