



## Writing a Personal Smart Goal

Use the SMART goal setting system to set a goal. Start by making small changes one step at a time. Remember, anything a person does today to move toward that goal is a step in the right direction.

1<sup>st</sup> Goal: \_\_\_\_\_

2<sup>nd</sup> Goal: \_\_\_\_\_

3<sup>rd</sup> Goal: \_\_\_\_\_

### If-Then Plans

Often obstacles can emerge that can derail the very best of intentions to work towards specific goals. By thinking through the barriers that might emerge and how you will work through them increases the chances of you attaining your goal.

Possible barriers: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Specific steps to stay on track: \_\_\_\_\_

\_\_\_\_\_

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