

## SMART Goal Setting

<b>Initial Goal</b>	Write your goal here:
<b>S Specific</b>	What do you want to achieve?
	Where will you focus your efforts?
<b>M Measurable</b>	How do you plan to measure progress toward the goal?
	What is the end result and milestones along the way?
<b>A Attainable</b>	Do you have the resources to achieve the goal?
	What factors might prevent achieving these goals?
<b>R Relevant</b>	Is this important to your operation?
	How does this bring benefit to your operation?
<b>T Time Framed</b>	What do you want to achieve your goal?
	What is the target date for accomplishing the goal? (start and end dates)
<b>SMART Goal</b>	Revise and rewrite your goal based on the above questions.

Adapted from Heathfield, S. M. (2011).

M. Seibel (2022)

# Action Planning

## Current Situation

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## Assumptions

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Short-Term Goals	Mid-Term Goals	Long-Term Goals

Potential Obstacles	Potential Solutions