

DATE:	TARGET DATE:	DATE ACHIEVED:		
YOUR GOAL				
(Draft a SMART statement ~ S pecific, M easurable, A chievable, R ealistic, T ime-framed ~ that defines the 'result/outcome' that YOU want to achieve)				
What are the BENEFITS to be gained from your achieving this GOAL?				
What are the NEGATIVES that may result from your failure to achieve this GOAL?				
What are possible OBSTACLES?		What are possible SOLUTIONS?		
Who will support/mentor you?				
How will you track your progress?				
Does this GOAL support your values?		Yes		No
Is it worth your Time, Effort and Money to reach this GOAL?				
Yes		No		Why?

Draft a list of SMART, 'simple yet focused' ACTION STEPS that will assist you to achieve your GOAL

#	SMART Action Plans	Target Date:	Date Review	Date Completed
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				



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