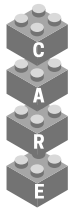


GOAL

SETTING

DEFINE THE PROBLEM
with
Be Specific



RATE THE IMPORTANCE
with



How will you benefit if the problem is solved?
How is addressing this problem important to you?

EXPLORE OPTIONS
with



- What options may be available?
- What they have tried in the past?
- What can you brainstorm together now?

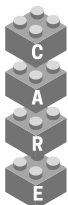
LIST EACH OPTION HERE

- Evaluate each option
- Do you need more information?
- Listing pros and cons may be helpful

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

DECIDE WHAT OPTION/OPTIONS TO CHOOSE

PLAN ACTION STEPS
with



Include needed tools, info, resources, and support

SMART Goal

In order to: _____(relevant)
 I will: _____(specific)
 How often: _____(measurable)
 By what time frame: _____(time-bound)
 Is it possible? _____(attainable)