

SMART Goal Planner

Turn one chosen goal into a SMART plan: Specific, Measurable, Achievable, Relevant and Time-bound. Use the questions to revise the goal, not to judge yourself. You may skip questions that do not fit or discuss them with your coach.

1. Define the goal

Specific change

Why it matters

Who / what is involved

2. Make progress observable

Starting point

Progress evidence

Realistic target

3. Make the goal feasible

Time available

Resources and support

Adjustment needed

4. Check relevance

Why this matters now

Trade-off I am choosing

5. Choose dates and revision conditions

Target date

First review date

What would lead me to adjust

6. Start with an action

First action

When and where

Cue to remember

7. Prepare an alternative

Expected obstacle

Smaller action

Help or revised timing

8. How clear does your goal feel right now?

1. Vague → Crystal clear

1	2	3	4	5	6	7	8	9	10
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