



Personal Goal Setting Template

Plan it. Go Get It.

Using a GROW / SMART Goal approach

What is the Ultimate Goal? This needs to be VERY specific

Goal

What is the ULTIMATE GOAL that you want to achieve? *"After ALL of this I WILL"*

What is the current Reality? Is your Goal Realistic?

Reality

What do things look like RIGHT NOW?

Who are your supports?

What have you tried?

Who do you need to connect with?

What do you need?

Is this goal Realistic? YES NO (If NO, rewrite the goal! If YES, Proceed!)

On a scale of 1-10 how committed to this goal are you?

On a scale



0/10

NOT Committed

10/10

Totally Committed

Way FORWARD = Planning

Way FORWARD

Break your ULTIMATE GOAL up into smaller, more manageable INTERIM GOALS.

Interim Goals are like the stones you use to cross the river when your Ultimate Goal is on the opposite bank.

Keeping your Ultimate Goal in mind, WRITE:

- a. Three – Five Interim Goals that you will accomplish moving you closer to the Ultimate Goal.
- b. The strategies you will use to complete each Interim Goal.
- c. A description of how you will know that you have achieved each Interim Goal.
- d. A Timeline (START/FINISH dates)

Interim Goals

Interim Goal 1:

What I will **DO** ~ SPECIFICALLY ~ to achieve this: *I will...*

I will know I've completed this when:

Timeline: Start:

Finish:

Interim Goal 2:

What I will **DO** (1-3 strategies) ~ SPECIFICALLY ~ to achieve this: *I will...*

I will know I've completed this when:

Timeline: Start:

Finish:

Interim Goal 3:

What I will **DO** (1-3 strategies) ~ SPECIFICALLY ~ to achieve this: *I will...*

I will know I've completed this when:

Timeline: Start:

Finish:

Interim Goal 4:

What I will **DO** (1-3 strategies) ~ SPECIFICALLY ~ to achieve this: *I will...*

I will know I've completed this when:

Timeline: Start:

Finish:

Interim Goal 5:

What I will **DO** (1-3 strategies) ~ SPECIFICALLY ~ to achieve this: *I will...*

I will know I've completed this when:

Timeline: Start:

Finish:



Achieving goals triggers a Dopamine burst. Dopamine increases positive mood.



At FORWARD, we call these bursts *Dopamine Cookies*.

PLAN. DO. ACHIEVE. COOKIE.

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