

My Goal Plan

I will...

[Goal]

I want to achieve this goal because...

[Motivation behind goal - the "why" is important]

...which matters to me because

[Deeper motivation behind the goal - the heart of the matter]

So I will

[Break goal into manageable steps]



By

[Deadline]

If

[Certain obstacles arise]



...then I will

[Plan to stay on track or get back on track]

I will create accountability by

[People or technology]

I will track my progress by

[What measure will you use to track your progress and how will you track it regularly?]

I will know I can do this when I think about

[Think of a goal you have reached in the past that was challenging but you succeeded]

SMART Goals

Specific

- What exactly are you trying to achieve?
- Be clear and specific so your goals are easier to achieve. This helps you know how and where to get started.

Measurable

- How will you know when you've achieved your goal?
- Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

Attainable

- Is it genuinely possible to achieve it?
- Are you able to take action to achieve the goal? Attainable goals ensure the steps to get there are within your control.

Relevant

- Does it contribute to your professional growth and Pepperdine's mission?
- Avoid overwhelming, unnecessary stress and frustrations by making the goal relevant.

Time-bound

- By when do you want to achieve this?
- A date helps you stay focused and motivated, inspiring you and providing something to work towards.

What are your goals for the future?
