

Name: _____

Date: _____

Creating an Action Plan

Now that you have set SMART goals, complete the sections below to create an action plan to help you achieve your goals.

Goal:

What short-term steps can you take to achieve your goal?

What long-term steps can you take to achieve your goal?

What resources do you need? What people can you ask for help?

What are some potential obstacles to achieving your goal? How will you deal with these obstacles?