



SMART GOAL SETTING

LEARN THE ACTION PLANNING
MODEL OF SMART AND
APPLY IT TO YOUR GOALS.

BY CHRIS DUDLEY
THE COACH COLLECTIVE

SMART GOAL SETTING

You've designed your Future Self and have identified goals you want to set in order to support you in becoming this fantastic person.

The following SMART Plan process is perfect for any and every change or achievement you are planning to make. The important thing is to ensure you have a plan in place for each and every goal.

"A goal without a plan is simply a dream, it takes a plan to make a dream a reality."

Setting goals is easy especially when you follow the simple process to Get SMART!

S



SPECIFIC

M



MEASURABLE

A



ATTAINABLE

R



RELEVANT

T



TIME BASED

SPECIFIC - *What specifically is your goal?*

MEASURABLE - *How will you know when you've achieved your goal? How will you measure success?*

ATTAINABLE - *Is this goal attainable? If you don't think so, what will stop you and how will you overcome this?*

RELEVANT - *Is this goal relevant to your long term plan e.g. Your Future Self?*

TIME BASED - *What exact date will you achieve this goal by?*

FOCUS ON PRIORITIES

Make your priorities SMART! What do you want to change or learn?

What learning priorities give you the greatest potential results?

IMPLEMENT SOMETHING EVERY DAY

What situations, people, or events signal that right now is the time to put new behaviours into action?

Every time I see the following situation(s)...

What new behaviour will I try?

Where will I push my comfort zone?

...I will take the following action:

REFLECT ON WHAT I LEARN

What will I do each day to consider what worked, what didn't work, and what I want to do next time?

SEEK FEEDBACK AND SUPPORT

How will I draw on other people to track my progress, gather advice and feedback, and support my learning?

Seek feedback and information

Seek resources, support, and opportunities

TRANSFER LEARNING TO THE NEXT LEVEL

How will I evaluate my progress? Considering my goals and priorities, how will I update my plan? How will I use what I learn?



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THECOACHCOLLECTIVE.CO.UK

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