

Goal Setting



Outcome Goal:

What major achievement are you working towards?

Performance Goals:

What techniques or abilities do you need to improve, or master to achieve your outcome goal?

Process Goals:

What will you need to do on a regular basis to make progress with your performance goals?

SMART Principles

Specific

What exactly do you want to do?

Measurable

How will you track progress?

Attainable

Is it realistic?

Relevant

Why is it important to you?

Time-Bound

What time frame will you accomplish this in?

What obstacles might you face and how will you manage them?

Obstacle	Managemen Plan