



BEARCAT COACHING

SMASH YOUR GOALS

Write Your SMART Goal Here:

***Pick one goal to work with. Then see third page for description of SMART and help with writing successful goals**

Completion Date: _____

MOTIVATION

WHY I WANT THIS GOAL

(the 'outcome/s' you are looking for)

LIST ALL THE BENEFITS HERE

(of achieving your goal)

THE BIG BENEFIT

(of achieving your goal)

WHAT IS THE PAIN?

(of not achieving your goal)

ACHIEVING THIS GOAL WILL

ALSO HELP ME (other areas)

OBSTACLES (AKA: SECONDARY GAIN)

I NEED TO BE AWARE

THAT THE BENEFIT TO ME

OF NOT COMPLETING MY

GOALS IS

OTHER OBSTACLES TO MY

SUCCESS INCLUDE



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SET GOAL LEVELS

(EG. YOUR GOAL COULD VARY ON TIME, QUANTITY, QUALITY)

MINIMUM

TARGET

EXTRAordinary

HOW WILL YOU BE DIFFERENT

(A WORTHWHILE GOAL OFTEN REQUIRES US TO LOOK AT / DO THINGS DIFFERENTLY)

**IN ORDER TO ACHIEVE THIS
GOAL I WILL START DOING:**

**IN ORDER TO ACHIEVE THIS
GOAL I WILL STOP DOING:**

**IN ORDER TO ACHIEVE THIS
GOAL I WILL NEED TO BE
SOMEONE WHO IS:**

MOVING FORWARD

(EG. THINGS, PEOPLE, PERSONAL QUALITIES, INFORMATION, KNOWLEDGE, SKILLS, MONEY, ETC.)

RESOURCE(S) AVAILABLE:

RESOURCE(S) NEEDED:



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TAKING ACTION

(MAKE THESE THINGS EASILY ACHIEVABLE SO YOU FEEL GOOD ABOUT TAKING ACTION!)

**3 STEPS I WILL
COMPLETE IN THE
NEXT WEEK THAT
MOVE ME CLOSER TO
MY GOALS**

1. _____
2. _____
3. _____

**3 STEPS I WILL
COMPLETE IN THE
NEXT MONTH THAT
MOVE ME CLOSER TO
MY GOALS**

1. _____
2. _____
3. _____

SMART Goals

- **Specific** (the more specific you are the easier your goal is to achieve)
- **Measurable** (so you know when you have achieved it)
- **Action-oriented** (ie. you can DO something about it! Is it within your control? ie. Winning the lottery is not a "SMART" goal)
- **Realistic** (Goals need to be both challenging to inspire you AND realistic so you set yourself up for success)
- **Time-Bound** (has a deadline)

Describe a day in your life once the goal is completed: