

# SMART Goal Action Form

## Potential Roadblocks to SMART Goals

In pursuit of SMART Goals as they relate to our 8 areas of life -- *Career, Financial, Health, Family, Self Improvement, Spiritual, Adventure and Business* -- consider these 4 Roadblocks:

The question to ask is, “Am I focused on the “correct” SMART Goal?”

1. There is no passion behind your goals. Passion is something you:
  - A) Love so much, you will move time when no time appears to exist.
  - B) Invest your time, energy, and money in pursuit of excellence.
  - C) Feel a sense of loss when you can't be the best you can be at it.
  - D) Can't hide your excitement about when you talk about it.
2. Not precise -- There is no clear end point.
3. Conflicts with self image, negative self image, cross purposes.
4. Polar behaviors -- behavior is not aligned with goals.

## SMART Goals (*Specific, Measurable, Accountable, Realistic, Timeline*)

**\*All goals should be focused on Process, not Result.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_