**GOAL PLANNING SHEET**

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| **Domain**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Today’s Date**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Target Date**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **Completion Date**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
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| **GOAL DEVELOPMENT:**    **Specific behaviour or habit to change:**    **GOAL STATEMENT: (specific, measurable, acceptable, realistic, time limit = S.M.A.R.T.):**      **Outcome measure(s): (how will I know I am succeeding with my goal?)** | | | | | | |
| Accepted by: | | | | Date : | | |
| **Benefits** of attaining this objective for the organization and for myself:        **Follow-up**: (How will I measure progress made?) | | | | | | |
| **Roadblocks and Challenges** | | | | **Possible Solutions and Opportunities** | | |
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| Enter required action steps on next page. | | | | | | |

**GOAL PLANNING SHEET**

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| **Specific actions required to attain this objective** | **Target Date** | **Review Date** | **Completion Date** |
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| **Affirmation/Visualisation**    **Value**  Achieving this goal is worth the time, effort and money devoted to it. \_\_\_\_\_ **Yes** \_\_\_\_\_ **No**  \_\_\_\_\_ **Yes, but later**.\_\_\_\_\_\_ | | | |