WOUNDED WARRIOR PROJECT®

★ WWP TALK ★

MY **S.M.A.R.T** GOAL

Your S.M.A.R.T goal should help you work toward:

RESILIENCY: *the ability to thrive and cope despite challenges.*

PSYCHOLOGICAL WELL-BEING: *healthy emotional and social functioning; emotional well-being and quality of life.*

Name: _____

Date Set: _____ **Target Date:** _____

I will improve my resiliency and psychological well-being by completing the following goal:

SPECIFIC

What exactly will you accomplish?

Does your goal clearly and specifically state what you are trying to achieve?

MEASURABLE

How will you know when you have reached your goal?

How will you know if progress is being made? How are you measuring and tracking? Can you put numbers to your outcome?

ATTAINABLE
(ACTION ORIENTED)

Is this goal realistic with effort & commitment?

Make sure your goal is dependent on your actions. Do you have the resources to achieve this goal? If not, how will you get them? What factors may prevent you from accomplishing your goal?

REALISTIC
(RELEVANT)

Why is the goal important to you in your life right now?

What effect will achieving your goal have on your life or on others? Do you feel confident in your ability to achieve this goal?

TIME-BOUND

When will you achieve this goal?

How long will it take with consistent dedication? Remember if it is a particularly large goal, try breaking it down into small goals with their own deadlines.

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MY S.M.A.R.T GOAL

The benefits of achieving this goal will be...

Who can I ask for help with my goal? What resources might I need to accomplish my goal?

What obstacles and stressors stand in the way of you achieving your goal?

POTENTIAL OBSTACLE:	How will you address a challenge if/when it arises?

What specific steps must you take to achieve your goal? This is where you break your goal down into smaller, actionable steps.

TASK	Expected Completion Date	Date Completed

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