

Goal Inventory

PURPOSE

| AWARENESS

| GRIT

| PREPARATION

| MINDFULNESS



Stretch Goals

Stretch Goals are big, overarching goals that sound improbably on the surface, but not so impossible that they become discouraging when we think about them.

SMART Goals

SMART Goals stand for specific, measurable, achievable, realistic, and on a timeline. These are the goals you will use to build an action plan.

A Combination

Stretch Goals and SMART Goals are especially powerful when paired up. They allow you to dream big, and then set actionable steps for success.



Stretch Goals & SMART Goals

"You don't need more time, you just need to decide."

Our goals are our dream for the future, and they speak volumes about the life we want to live. When we take the opportunity to dream big and think about what we would like to accomplish, we allow ourselves to connect with something larger than what is directly infant of us. We can do this by combining our Stretch Goals and SMART Goals to ensure success.

1

Take an inventory of all of your Stretch Goals

2

Build a pyramid of the top 3-5 goals from your list

3

Take the most pressing goal and build a SMART action plan

SMART Goal	
Goal	
Specific	
Measurable	
Achievable	
Realistic	
Timeline	

SMART Goals bring our Stretch Goals down to reality so that we can take action toward achieving them.

The SMART acronym stands for:

Specific - Example: running exactly five miles by the end of the week

Measurable - Example: measuring your distance with an app

Achievable - Example: detailing a plan to work your way up to a 5k

Realistic - Example: scheduling all your runs

Timeline - Example: building your way up to a 5k over six weeks

Take one goal from the pyramid above and determine the specific actions you will take to make that goal a reality.