

SMART GOALS PLANNER

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART).
Break it into actionable steps, each with its own deadline.

S**Specific***What exactly do you want to achieve?*

I will initiate a weekly 15-minute reflective circle with my team to share uplifting stories, challenges, and emotional check-ins.

M**Measurable***How will you track your advancement?*

Reflections will be documented weekly and reviewed every 3 months.

A**Attainable***Evaluate the feasibility of your goal.*

I will use existing staff meeting time and adapt a simple circle protocol with visual prompts.

R**Relevant***How does it fit into your broader objectives?*

Supports team cohesion, emotional safety, and reduces burnout.

T**Time-bound***What is the deadline?*

Launch by Week 3 review impact by Week 10.