

SYSTEMS FOR SUCCESS



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The Review

1. NAME YOUR S.M.A.R.T. GOAL

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2. WHAT WAS YOUR S.M.A.R.T. GOAL?

SPECIFIC	
MEASURABLE	
ATTAINABLE	
REALISTIC	
TIME TABLED	

3. DID YOU FULLY COMPLETE YOUR S.M.A.R.T. GOAL ON TIME?

A) If your answer is yes please go to question 14.

B) If your answer is no, then how far away are you from completing your goal?

4. WAS THE TIME FRAME THAT YOU ALLOCATED TO THIS GOAL REALISTIC?

5. CAN YOU IDENTIFY ANY REASONS WHY YOU WERE NOT ABLE TO COMPLETE THIS GOAL?

6. IS THIS GOAL STILL SIGNIFICANT AND IMPORTANT ENOUGH THAT YOU WANT TO TRY AGAIN?

A) If your answer is no please go to question 12.

B) If your answer is yes what is the new time frame that you will set for this goal?

7. CAN YOU REMEMBER “WHY” THIS GOAL WAS SO IMPORTANT TO YOU IN THE FIRST PLACE?

8. WHAT ACTIONS WERE HIGHLY EFFECTIVE DURING YOUR LAST ATTEMPT TO COMPLETE THIS GOAL?

9. WHAT WILL YOU DO DIFFERENTLY THIS TIME?

**10. WHAT IS THE NEXT BEST ACTION THAT YOU CAN TAKE TOWARDS
COMPLETING THIS GOAL?**

11. WHEN WILL YOU TAKE THIS NEXT BEST ACTION?

Once you have signed this statement your review is complete:
I am 100% committed to accomplishing my goals and fulfilling my dreams!

NAME

DATE

SIGNATURE

*Congratulations! You have now finished your review.
Go out and chase down your dreams!*

**12. CAN YOU REMEMBER “WHY” THIS GOAL WAS IMPORTANT
TO YOU IN THE FIRST PLACE?**

13. ARE YOU CERTAIN THAT YOU NO LONGER WISH TO COMPLETE THIS GOAL?

A) If you have decided that you no longer wish to complete this goal please sign the statement below.

B) If you have decided that you do want to complete this goal then please return to question number 8.

Once you have signed this statement your review is complete:
This S.M.A.R.T. Goal is no longer a priority in my life

NAME

DATE

SIGNATURE

**14. WHAT WORKED WELL FOR YOU IN THE PROCESS
OF ACCOMPLISHING THIS GOAL?**

**15. IS THERE ANY PART OF THE PROCESS THAT YOU CAN LEARN
FROM THAT WILL ADD VALUE TO YOUR FUTURE?**

16. PLEASE NAME YOUR NEXT HIGH PRIORITY S.M.A.R.T. GOAL

17. WHAT IS THE NEXT BEST ACTION THAT YOU CAN TAKE TOWARDS COMPLETING THAT GOAL?

18. WHEN WILL YOU TAKE THIS NEXT BEST ACTION?

*Once you have signed this statement your review is complete:
I am 100% committed to accomplishing my goals and fulfilling my dreams!*

NAME

DATE

SIGNATURE

*Congratulations! You have now completed your S.M.A.R.T. review.
Go and chase down your dreams!*