My Main Goal

The big one. Dream big, then work out the steps.

SMART (AR)

My main goal
Short and clear - what do I want to achieve?

Goal date

S **Specific** What exactly am I trying to achieve?

M **Measurable** How will I know I'm making progress?

A **Achievable** What can I realistically work on from where I am now?

R **Relevant** Why does this matter to me? Does it fit where I want to go?

T **Time Bound** When will I do it? Check-in dates along the way:

A **Accountability** Who will I tell / who will check in on me?

R **Repeat** What smaller goals will get me there? (Next pages)

Smaller Goal 1

A stepping stone that gets me closer to my main goal.

Leads to my main goal:

This smaller goal

One clear step - something I can work on in the next few weeks or months.

Goal date

S **Specific** What exactly am I trying to achieve?

M **Measurable** How will I know I'm making progress?

A **Achievable** What can I realistically work on from where I am now?

R **Relevant** Why does this matter to me? Does it fit where I want to go?

T **Time Bound** When will I do it? Check-in dates along the way:

A **Accountability** Who will I tell / who will check in on me?

R **Repeat** Do I need to break this down further? When will I review it?

Smaller Goal 2

A stepping stone that gets me closer to my main goal.

Leads to my main goal:

This smaller goal

One clear step - something I can work on in the next few weeks or months.

Goal date

S **Specific** What exactly am I trying to achieve?

M **Measurable** How will I know I'm making progress?

A **Achievable** What can I realistically work on from where I am now?

R **Relevant** Why does this matter to me? Does it fit where I want to go?

T **Time Bound** When will I do it? Check-in dates along the way:

A **Accountability** Who will I tell / who will check in on me?

R **Repeat** Do I need to break this down further? When will I review it?

Smaller Goal 3

A stepping stone that gets me closer to my main goal.

Leads to my main goal:

This smaller goal

One clear step - something I can work on in the next few weeks or months.

Goal date

S **Specific** What exactly am I trying to achieve?

M **Measurable** How will I know I'm making progress?

A **Achievable** What can I realistically work on from where I am now?

R **Relevant** Why does this matter to me? Does it fit where I want to go?

T **Time Bound** When will I do it? Check-in dates along the way:

A **Accountability** Who will I tell / who will check in on me?

R **Repeat** Do I need to break this down further? When will I review it?

My First Steps

Forget the big goal for a second. What can I do next?

START HERE

Which smaller goal am I starting with?

My next 3 actions

Not just jumps - book a coach, book tunnel time, review video, talk to someone, plan five jumps, enter the comp.

	ACTION	BY WHEN
1		
2		
3		

Who could help me?

Coach / mentor / friend / instructor / tunnel coach

What might get in the way, and what can I do about it?

I will review this worksheet on:

Dream big. Then work out what needs to happen next. Take that step. Then the next one.