Quick Goal Checklist

One goal. One page. Tick it off as you go.

SMART (AR)

My goal Short and clear

Goal date

Part of my main goal (if any):

S Specific

What exactly will I do?

- [ ] I can say my goal in one sentence
- [ ] I know what I need to be able to do

M Measurable

I'll know I've done it when...

- [ ] I know how I'll tell I've got there
- [ ] I've broken it into smaller targets

A Achievable

My next realistic step

- [ ] It's realistic from where I am now
- [ ] It still challenges me
- [ ] I have the time, budget and access

R Relevant

Why this matters to me

- [ ] I actually want this
- [ ] It fits where I want my skydiving to go

T Time Bound

Check-in date

- [ ] I've picked a goal date
- [ ] I've picked a check-in date

A Accountability

Who?

- [ ] I've told someone about my goal
- [ ] Someone will check in on me

R Repeat

Review date / what's next

- [ ] I've booked a time to review this
- [ ] I know what comes next

My next 3 actions

Book a coach, book tunnel, review video, plan jumps, talk to someone

		BY WHEN
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