



# WRIGHT PATH COACHING

A photograph of two hands reaching towards each other over a body of water. The background shows a blue sky with clouds and a mountain range. The hands are positioned as if they are about to clasp or are in a gesture of support.

## SMART Goal Workbook

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# What is your goal & why is it important?

**How to use this workbook:** Print out this workbook and use the prompts to describe and work through your goal. Not only is it important to know what your goal is, but *why* it is so important for you to accomplish this goal. This (the *Why*) is your motivation!

A good trick to identify your true motivation is to use the **5 Whys Technique**. 5 Whys is an iterative, interrogative technique used to explore the cause-and-effect relationships underlying a particular problem. It is remarkably simple: when a problem occurs, you drill down to its root cause by asking "why?"

Though you are not trying to identify the root cause of a problem (or maybe you are?), you are trying to get to the **heart of your motivation** and I have found that this technique is very helpful to that end.

**For example**, if your goal is to lose 15 pounds, your why may be 'to become healthier'. Asking "why?" again, you may answer 'to have more energy'. Why? Because you want to be able to run around with your children more and have better quality time with them. Etc. Etc.

You may not need all 5 whys to get to your true motivation, but this technique helps you dig deeper.

# SMART Goal Checklist

*Use the table below to help you outline a detailed plan for your goal.*

<b>S</b> pecific	What do you want to do? Write your goal clearly and with as much detail as you can with no ambiguity. Write what support you will need to accomplish your goal.
<b>M</b> easurable	How can you measure progress? How will you know when you've reached your goal? How does your goal answer the questions of how many, how often, how much, etc.?
<b>A</b> ggressive	... yet, achievable. Is it in your power to accomplish your goal? Are you pushing yourself out of your comfort zone? Do you have the resources needed?
<b>R</b> elevant	... and realistic. Does this goal really matter to you at this point and time and make a difference in your career/life? Can you realistically achieve it?
<b>T</b> imebound	When, exactly, do you want to accomplish your goal? State a clear and specific completion date.

# SMART Goal Checklist

*Now write out the details  
of your goal.*

S pecific	
M easurable	
A ggressive	
R elevant	
T imebound	



# Obstacles & Challenges

List potential obstacles and challenges that may delay you or stop you from achieving your goal. How will you overcome them?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What else?



# Action Items



What do you need to do to accomplish your goal? There will be smaller goals to get you to the big Goal. Don't forget to check off each item when it's complete and celebrate when you hit these milestones, it will keep you motivated!

Action Item	Who/Resource	By When?



# Write It Out

Physically writing out your goal will increase your chances of accomplishing it. It's neuroscience! Read about it [here](#) and [here](#). Print out the following page and use the prompts (what, why, when, and how) to write your goal(s). Hang your completed goal page by your desk, on your fridge, or keep near you to serve as a constant reminder.

I will \_\_\_[THE WHAT]\_\_\_\_\_

because \_\_\_[THE WHY]\_\_\_\_\_

I will complete this by \_\_\_[THE WHEN]\_\_\_\_\_

I will reach my goal by \_\_\_[THE HOW]\_\_\_\_\_



# My Goal

I will \_\_\_\_\_  
\_\_\_\_\_

because \_\_\_\_\_  
\_\_\_\_\_

I will complete this by \_\_\_\_\_

I will reach my goal by \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





Wright Path Coaching

Clarity. Direction. Action.

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*A DREAM WRITTEN DOWN WITH  
A DATE BECOMES A GOAL.  
A GOAL BROKEN DOWN INTO  
STEPS BECOMES A PLAN.  
A PLAN BACKED BY ACTION  
BECOMES REALITY.*

Wishing you a happiness,  
health, and success!  
~ Holly Wright



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Good luck  
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much success!



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