

SMART Goal Action Plan Template

Goal Area:	Personal: Health	
SMART Goal	Develop _____ (number) strategies to manage stress and mental well-being.	
Outcome/ Results	Increase my resiliency skills and decrease susceptibility to stress.	
Action and Time Line	Action Steps	Time Line
	1) Explore resources on MyMilitary GPS LifePlan> Stress Management .	Within 1-2 weeks, by _____
	2) Assess my stress and mental health online at MyMilitary GPS LifePlan> Stress Management .	Within 1-2 weeks, by _____
	3) Identify key stressors and strategies from the resources above and list them below:	Within 3-4 weeks, by _____
	<ul style="list-style-type: none"> ▪ _____ ▪ _____ ▪ _____ 	
	4) Take the interactive resilience course and “quiz” on MyMilitary GPS LifePlan> Transitioning to College>Change and Resiliency .	Within 3-4 weeks, by _____
Support Network	Family member: _____ Beyond the Yellow Ribbon Community Resources _____ Minnesota Service C.O.R.E. _____ Unit Chaplain _____ DCS Family Life Consultant(s) _____ VA Mental Health Services: _____	
Obstacles		
Adjustments		

Career and Life Planning Workshop - SMART Goal Setting

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