

SMART Goal Action Plan Template

Goal Area:	Personal: Health	
SMART Goal	Develop _____ (number) strategies to manage stress by _____ (date).	
Outcome/Results	I will be able to cope with difficult times better and improve my health.	
Action and Time Line	Action Steps <ol style="list-style-type: none"> 1) Explore resources on GPS LifePlan>Personal>Stay Healthy. Read about at least _____ (number) different topics. 2) Take the interactive resilience course and “quiz” on GPS LifePlan>Personal>Managing Challenges and Change. 3) Identify key stressors and strategies from the resources above and list them below: 4) Make a calendar for at least 4 weeks and track my completion of the various strategies. Record my results in a journal or on the calendar. 	Time Line <p>Within 1 week Date: _____</p> <p>Within 1 week Date: _____</p> <p>Within 2 weeks Date: _____</p> <p>Beginning in 2 weeks - every day for 4 week Date: _____</p>
Support Network		
Obstacles		
Adjustments		

Career and Life Planning Workshop - SMART Goal Setting – Adapted from MyMilitary GPS LifePlan

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