

# My Goal Plan

**I will...**  
[Goal]

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**I want to achieve this goal because...**  
[Motivation behind goal - the "why" is important]

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**...which matters to me because**  
[Deeper motivation behind the goal - the heart of the matter]

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**So I will**  
[Break goal into manageable steps]



**By**  
[Deadline]

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**If**  
[Certain obstacles arise]



**...then I will**  
[Plan to stay on track or get back on track]

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**I will create accountability by**  
[People or technology]

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**I will track my progress by**  
[What measure will you use to track your progress and how will you track it regularly?]

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**I will know I can do this when I think about**  
[Think of a goal you have reached in the past that was challenging but you succeeded]

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## SMART Goals

### Specific

- What exactly are you trying to achieve?
- Be clear and specific so your goals are easier to achieve. This helps you know how and where to get started.

### Measurable

- How will you know when you've achieved your goal?
- Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

### Attainable

- Is it genuinely possible to achieve it?
- Are you able to take action to achieve the goal? Attainable goals ensure the steps to get there are within your control.

### Relevant

- Does it contribute to your professional growth and Pepperdine's mission?
- Avoid overwhelming, unnecessary stress and frustrations by making the goal relevant.

### Time-bound

- By when do you want to achieve this?
- A date helps you stay focused and motivated, inspiring you and providing something to work towards.

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**What are your goals for the future?**

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