# SMART //ANTICIPATE & ADAPT // ACTION PLAN

#### 3. Setting SMART Goals

**Objective:** Ensure goals are clear, measurable, and achievable

**Activity:** **"SMART Goals Workshop"**

* Use the SMART Goals framework (Specific, Measurable, Achievable, Relevant, Time-bound).
* **Select one goal** and break it down using the SMART method to craft a well-structured goal.

**MY GOAL:**

#### 4. Overcoming Obstacles & Staying Motivated

**Objective:** Address challenges that may arise and develop strategies to stay on track

**Activity:** **"Anticipate & Adapt"**

* **Write down one obstacle** you foresee for that goal.

**MY OBSTACLE:**

* **Identify solutions** to adapt and be accountable (mentors, tracking progress, self-rewards).

**MY SOLUTION:**

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#### 5. Action Plan & Commitment

**Objective:** Turn goals into an actionable roadmap

**Activity:** **"Next Steps Pledge"**

* **Answer these questions:**
  1. *One action I will take this week*
  2. *One action I will take this month*
  3. *My accountability partner is…*
* Share your plan with your accountability partner.
* Schedule check-in dates to track progress.