

S.M.A.R.T.

Massive Action PlanTM

Coaching Tool



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Forward
Leadership

Use this SMART MAP to achieve any GOAL!

YOUR CHALLENGE:

Choose **ONE** Specific Goal

Begin by working your objective through the SMART MAP.

This is a working document.

As you navigate this guide, start with writing your first thoughts.

Don't overthink it!

Give yourself permission to edit later, after you have captured your initial thoughts.

This process can be a game changer if you're willing to pay the price!



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Specific GOAL in writing

What ONE thing you would dare to dream if you knew you couldn't fail?
In this space write down one specific DREAM you want to accomplish.

Meaning

What would achieving this DREAM mean to you? The "M" is about attaching enough MEANING and emotion to your GOAL to overcome all roadblocks you will face, to carry you through to the finish line. The reason for achieving this GOAL needs to be bigger than the story we tell ourselves about why we can't do it.

Assets

Identify any assets/resources you have that will help you accomplish your GOAL. This is where you give yourself permission to believe that you can accomplish this specific GOAL. List all the reasons why you CAN achieve this GOAL.

Roadblocks

Identify and write down the roadblocks that will likely stand in your way. This step will help you manage expectations to see the realistic path before you. Jim Rohn taught that "Anticipation is the competitive edge in life." This step will help you anticipate potential barriers to your success to make sure you do what it takes to avoid them.

Take

What's it going to take? Write out what it will take for you to accomplish your GOAL. What will you need to sacrifice to turn your GOAL into a reality? Take it a step further and list all the actions you need to start taking, as well as actions to stop taking to accomplish your GOAL. Get Specific.



My Commitment

Signature Page

I, _____, commit to post my specific goal in a visible place. I will look at it every day and take daily action towards it's accomplishment.

I WILL ACCOMPLISH this GOAL by:

(Month) (Day) (Year)

(Signed)



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