

2013 Goals and 90-Day Action Plan

Name: _____

Date: _____

90-Day Goal Review Date: _____

Your goals should be SMART: Specific, Measurable, Attainable, Realistic and Time-bound

You've created a SMART goal if you can answer "Yes" or "No" to the question: Have I accomplished this goal?

2013 Goals

Top 3 2013 Goals	This goal will improve my practice or life because . . .	Date Completed
1.		
2.		
3.		

90-Day Action Plan

In the next 90 days, I will employ these strategies to accomplish my goals:	Top 3 Action Steps to employ this strategy:	Date Completed
1.	1.	
	2.	
	3.	
2.	1.	
	2.	
	3.	
3.	1.	
	2.	
	3.	