

SMART Goal Action Plan Example

Goal Area:	Personal: Relationship Communication	
SMART Goal	Improve communication with my significant other.	
Outcome/Results	Strengthen the relationship using clear language and good listening skills to create quality experiences.	
Action and Time Line	<p>Action Steps</p> <ol style="list-style-type: none"> 1) Attend a strong bonds retreat - link at MyMilitary GPS Personal Plan >Reintegration. 2) Make a “date night” each week. 3) Review skills to build and maintain healthy communication at MyMilitary GPS Personal Plan>Personal Relationships>Healthy Relationships. 	<p>Time Line</p> <p>Sign up at least one month prior to retreat</p> <p>Every Saturday evening</p> <p>Within the next two weeks</p>
Support Network	<p>My significant other</p> <p>Friends</p> <p>Family Assistance Centers</p> <p>Military Family Life Consultants (See MyMilitary GPS Personal Plan >Maintaining Personal Well Being)</p>	
Obstacles	Difficulty with time management and procrastination.	
Adjustments	Learn more about time management, procrastination and prioritizing at MyMilitary GPS Education>Study Skills and Strategies>Time Management and Motivation .	

Career and Life Planning Workshop - SMART Goal Setting

Developed by Minnesota State Colleges and Universities (Partially funded by a 2008 congressionally directed grant, P116Z080299), MN ARNG Deployment Cycle Support, and Higher Education Veterans Program of Minnesota Department of Veterans Affairs