

SMART Goal Action Plan Template

Goal Area:	Personal: Relationship Communication	
SMART Goal	Improve communication with _____.	
Outcome/Results	More positive interaction with a significant person in my life.	
Action and Time Line	<p style="text-align: center;">Action Steps</p> <p>1) Review skills to build and maintain healthy communication at MyMilitary GPS Personal Plan>Personal Relationships>Healthy Relationships.</p> <p>2) Add Step:</p> <p>3) Add Step:</p>	<p style="text-align: center;">Time Line</p> <p>Review information by (date) _____</p> <p>Start/Complete by (date) _____</p> <p>Start/Complete by (date) _____</p>
Support Network	<p>My spouse/significant other/family/friend: _____</p> <p>My unit leader: _____</p> <p>Family Readiness Group (FRG): _____</p>	
Obstacles		
Adjustments		

Career and Life Planning Workshop - SMART Goal Setting

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