

SMART Goal Action Plan Template

Goal Area:	Personal: Health	
SMART Goal	Develop _____ (number) strategies to manage stress and mental well-being.	
Outcome/ Results	Increase my resiliency skills and decrease susceptibility to stress.	
Action and Time Line	Action Steps	Time Line
	<ol style="list-style-type: none"> 1) Explore resources on MyMilitary GPS LifePlan> Stress Management. 2) Assess my stress and mental health online at MyMilitary GPS LifePlan> Stress Management. 3) Identify key stressors and strategies from the resources above and list them below: <ul style="list-style-type: none"> ▪ _____ ▪ _____ ▪ _____ 4) Take the interactive resilience course and “quiz” on MyMilitary GPS LifePlan> Transitioning to College>Change and Resiliency. 	<p>Within 1-2 weeks, by _____</p> <p>Within 1-2 weeks, by _____</p> <p>Within 3-4 weeks, by _____</p> <p>Within 3-4 weeks, by _____</p>
Support Network	Family member: _____ Beyond the Yellow Ribbon Community Resources _____ Minnesota Service C.O.R.E. _____ Unit Chaplain _____ DCS Family Life Consultant(s) _____ VA Mental Health Services: _____	
Obstacles		
Adjustments		

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

