

CHECKLIST: IS YOUR PASSION 'SMART'?

Use this checklist to determine if the action steps leading you toward your passion is SMART. If not, rewrite the necessary items in the space provided.

Your Passion:

Your Goal/Action Step:

Checklist:

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Is it Specific? Do you have the what and how clearly identified? What specific action steps are you willing to take on a daily basis to bring you closer to your passion?

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Is it Measurable? How will you know when your goal or action step is reached? What daily or weekly milestones can you keep track of in your pursuit of your passion?

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Is it Attainable? Is your plan feasible? Do you have the resources and support to do this?

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Is it Relevant? Are your daily action steps relevant to your passion? Does it bring you closer to achieving your dreams?

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Is it Time Based? Have you identified a reasonable timeline? What is your target date for completion?

Notes: