



## GROWTH MINDSET GOAL ACTION PLANNING FRAMEWORK

### Current State

Where am I now? To meet this goal, what new skills or knowledge will I need to learn?

### Identify Obstacles

What fears or barriers might be holding me back?

What obstacles might happen as I work toward my goal?

How do I sabotage myself and limit my own success?



### Support System: Get plugged in!

Who could give me feedback on my progress and strategies?

Who can support me?

How often will I review my goal and plan?



### What is my SMART goal?

**S**pecific  
**M**otivational  
**A**ctionable  
**R**ealistic  
**T**ime-bound  
**GOALS**

### ACTION PLAN: TASK ANALYSIS

Task	Planned Completion Date	Notes
1.		
2.		
3.		
4.		
5.		

### How will I know I achieved my goal?

### Motivation Evaluation

How challenging is this goal for me?

a. Not at all... b. Somewhat... c. Very...

Can I do it?

a. Yes, definitely b. Probably c. Maybe d. Probably not

How motivated am I to achieve this goal? WHY?

a. Not at all... b. Somewhat... c. Very...

Who else wants me to achieve this goal and why?

What or who is inspiring to me to me when I think about achieving this goal?

