Marques Counseling & Coaching
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PMI Dallas Chapter – Accomplish your project goals now!

Name: _____ Date: _____

Email: _____

Project Objective Section

Write a main project objective that you really you want to achieve till end of the year

Project Objective: _____

GOAL Setting Section

Based on the established project objective, specify it in a way that can be achieved. Use the SMARTER approach.

Stage	Description	Your project goal
Specific	Great goals are well-defined and focused	
Measureable	A goal without a measurable outcome is like a sports competition without a scoreboard or scorekeeper	
Attainable	Far too often, people can set goals beyond reach	
Relevant	Achievable goals are based on the current conditions and realities of the current climate	
Time Based	Goals and objectives just don't get done when there's no time frame tied to the goal-setting process	
Excitement	Goals that can't move your emotions will not be executed	
Repeatable	Verify if you can use your best attributes that brought you success in the past and can bring more success in the future	

GOAL Project Execution Section

Next step I will do TODAY: _____

Signature: _____ Date: _____