

# Patient Leader Goals

2022

## GOAL

State the goal you want to accomplish and the benefits of achieving this goal.



## OBSTACLES

The best way to overcome challenges is to prepare for them. Let's brainstorm possible obstacles for this goal.



## ACTION PLAN

Define tasks to help overcome obstacles and achieve your goal.

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*let's do this!*

# SMART

## GOALS

# S

### PECIFIC

Plan effectively with specific targets in mind.



# M

### EASUREABLE

Track your progress and reevaluate along the way.



# A

### TTAINABLE

Set realistic goals that are challenging but achievable.



# R

### ELEVANT

Ensure the goal serves a relevant purpose.



# T

### IME

Specify a deadline, monitor progress and reevaluate.



