

CTI SMART GOALS WORKSHEET



CTI Goal Focus Areas:

<input type="checkbox"/> Benefits	<input type="checkbox"/> Transportation	<input type="checkbox"/> Social/Relationships
<input type="checkbox"/> Vocational	<input type="checkbox"/> Education (self or child)	<input type="checkbox"/> Financial
<input type="checkbox"/> Basic needs	<input type="checkbox"/> Legal Concerns	<input type="checkbox"/> Health/ Healthcare
<input type="checkbox"/> Children	<input type="checkbox"/> Housing	<input type="checkbox"/> Mental health
<input type="checkbox"/> Life skills	<input type="checkbox"/> Spiritual	<input type="checkbox"/> Substance Use

Turn your goal focus area into a SMART goal:

<u>S</u>	Specific	What exactly will you accomplish? What are small steps you can take to achieve it?
<u>M</u>	Measurable	How will you know when you have reached this goal? What will be different? What will you be doing more regularly? What will you be doing less of?
<u>A</u>	Achievable	How can the goal be accomplished? What do you need to accomplish it?
<u>R</u>	Relevant	Why is this goal significant to your housing stability? To your life? How will it benefit you?
<u>T</u>	Timely	When will you achieve this goal? How long will it take to accomplish it?

Taking action!

<u>Potential obstacles:</u> - - -	<u>Potential solutions:</u> - - -
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Veteran's strengths and abilities:

Who are the people that will help you achieve this goal?

How will you reward yourself for this goal?

Break down your goal into 3 to 5 Action Step you will take to achieve this goal in the next two months. Remember to use action words for each Action Step!

<u>Action Steps:</u>	<u>Completion Date:</u>
1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____
5) _____	_____
6) _____	_____