

WRITING DREAMS AND GOALS QUESTIONNAIRE

In your own words, jot down the dreams or goals in your heart that you most want to achieve right now:

Make sure your dreams/goals are S.M.A.R.T. by asking yourself the following questions for each of your goals:

S: Specific **M:** Measurable **A:** Achievable **R:** Realistic **T:** Time-Bound

Specific: Take the goal you wrote above and list the specifics. Consider how and why you want to accomplish it. Think about your core values and beliefs as they are attached to your dreams and goals. What matters most when it comes to this goal?

Measurable: Consider how will you measure whether or not you have reached your goals by listing at least two indicators. What will you have to achieve in order for you to feel like your dreams have become a reality?

Achievable: Ask yourself, “Is this goal really possible considering all the circumstances in my life right now? Do I have the time and capacity? If not, what needs to change to have the time and capacity? Have other people done this successfully? Do I have what I need to make this dream happen — such as the knowledge, resources, skills and perseverance?”

Make sure your goal challenges you and pushes you, but don’t set such high expectations of yourself that you get discouraged and feel tempted to quit.

Realistic: How will I measure whether or not I am on track with meeting my goals? Consider short-term and long-term parameters to set (word count written per day, chapters per week, or some other way to hold yourself accountable and visibly see whether or not you are meeting the goal).

Time-Bound: Set a specific time frame for when you want to accomplish this goal (day, month, quarter, year, etc.). If there are short-term objectives attached to the goal, set timeframes for each objective as well. Set a date that will give you a sense of urgency so you don't let your dreams fall to the backburner.

New S.M.A.R.T. Goal: Write the general goal you wrote at the top of the prior page again, but this time write it in the S.M.A.R.T. goal format, considering all the criteria and information you wrote above.

Continue this process for every long-term goal or dream you have, as well as for the short-term objectives you set for yourself to help you stay on track and motivated. Remember anything worth achieving is worth investing time, heart and effort into. Achieving our God-sized dreams is possible, but having a strong blueprint to help us get there is a must.

DO YOUR PART,
AND GOD WILL DO HIS!