

How to Set a Strengths-Based Goal

Consider a new goal you want to set or one you're currently working toward. Use the following three steps to help you take that goal from simple and hopeful to detailed and actionable.

Initial goal:

1. Is this goal action-oriented or outcome-oriented? Identify as either or both.

2. Is your goal S.M.A.R.T.? Add details to help you succeed.

Specific:

Measurable:

Achievable:

Realistic:

Time-bound:

3. List your top five strengths and then describe how you'll use each one to achieve your goal.

•

•

•

•

•

Now, add these details — along with your strengths commitments — to your original goal and rewrite it.

New goal:
