

Goal Completion Plan

Goal to be achieved (SMART: Specific, Measurable, Accountable, Realistic, Time-Bound):

Step1: Decide on a goal that what you want to achive.

Potential obstacles

Step 2 : Determine what the potential barriers are that will prevent you from achieving your goal.

a) Internal barriers:

b) External barriers:

Implementation Intention

a) Internal obstacle:

"If _____ (obstacle),
then I will _____
_____ (solution)".

"If _____ (obstacle),
then I will _____
_____ (solution)".

"If _____ (obstacle),
then I will _____
_____ (solution)".

b) External barriers

"If _____ (obstacle),
then I will _____
_____ (solution)".

"If _____ (obstacle),
then I will _____
_____ (solution)".

"If _____ (obstacle),
then I will _____
_____ (solution)".