

EASe-GAD Goal Setting



Name: _____ Date: _____

Goal #1:

(Tip: **SMART** Goals are **S**pecific, **M**easurable, **A**ction-oriented, **R**elevant, **T**ime-Bound)

How confident are you that you will achieve this goal?

0 1 2 3 4 5 6 7 8 9 10

Goal #2:

How confident are you that you will achieve this goal?

0 1 2 3 4 5 6 7 8 9 10

What is the biggest challenge that you must overcome to achieve this goal?

What motivates you to achieve this goal?



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