

The Ladipo Group: Serving Our Community, LLC
Real Resolutions: Make a Plan for 2014
December 29, 2013

Part I: Goal Setting – A **R.E.A.L.** goal must meet the following criteria:

Realistic.

Is this goal specific and realistic enough for you to actually attain it?

Easy to Measure.

Can you actually measure your goal to see if you attained it?

Achievable.

Is your goal personal and something you can reach?

Logical.

Does the goal make sense to you and your life?

*Each time you set a goal, see if it is REAL—
Realistic, Easy to Measure, Achievable, and Logical*

Part II: Putting it into Practice

List a goal that you have for the upcoming New Year:

Ask Yourself...	Circle One...		
Is it Realistic?	Yes	Somewhat	No
Is it Easy to measure?	Yes	Somewhat	No
Is it achievable?	Yes	Somewhat	No
Is if logic?	Yes	Somewhat	No

Re-write your goals considering the assessment you made above:

Adapted from: Colette, M., Woliver, B., Bingman, M., Merrifield, J (1996). Getting there: A curriculum for people moving into employment.