Something I need to change:

_____

_____

Enabling Factors:

_____

_____

_____

Disabling Factors:

_____

_____

_____

Pick one factor you can/want to address (what can YOU do about this)

_____

_____

Develop a SMART Goal:

S:_____

M:_____

A: _____

R:_____

T:_____