



# MOVING FORWARD GOAL

Worksheet



“

A goal with no plan is just a wish.

-Anonymous

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## Introduction

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Maybe you have no idea where to start? Maybe you have no idea where you're going? Maybe you know exactly where you want to go but don't know how to get there?

Setting simple attainable goals can help you visualize and set an action plan to help you move forward.

And guess what? It's ok if your goals change. It's ok if you don't have a destination. That's the cool thing about goals, they aren't set in stone. Goals are a starting point to get you moving. And when you move, things happen!

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It's ironic, as dancers, that goals help us move- but imagine if we/you actually utilized them? How much more success would we/you have? How much further down the road would we/you get? How much more would we/you learn? How much better would we/you be? How many more people would we/you meet? How many more lives would we/you touch? How much more enjoyment would we/we receive?

Well, now is your chance to find out- let's break it down!

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## 2 TYPES OF GOALS

### **Moving Forward Goal**

The overarching, broad, end destination goal (can be short or long term)

### **Smart Goal**

The little goals that point you in the right direction. Ways you can track your accomplishments.

## 5 STEPS TO SET MY MOVING FORWARD GOAL

1. Answer the question: *"What do I hope to accomplish?"*
2. Find out requirements.
3. Set smart goals for those requirements.
4. Follow through. *(p.s. This is the hardest step.)*
5. Check in. *"Has my goal adjusted or changed?"*

## WHAT IS A S.M.A.R.T. GOAL?

S

specific

What is the goal?

M

measurable

How will I measure my progress?

A

attainable

Do I have the skills & resources for it?

R

relevant

Why is this goal important?

T

time-bound

When will I achieve the goal I've set?

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# My Moving Forward Goal Worksheet

## 1 What do I hope to accomplish?

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## 2 What are the requirements?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 3 Set Smart Goals

**Choose one of the requirements above and fill out the following smart goal questions.**

**Note:** keep in mind your Moving Forward Goal can also be a broader version of a Smart Goal.

*What is the goal/requirement?*

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*How will I measure my progress?*

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*Do I have the skills and resources for it? What are they?*

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*Why is this goal/requirement important?*

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*When will I achieve the goal/requirement I've set?*

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## Suggestions For Success

- Find Somebody to Keep you Accountable
  - Take Opportunities- Keep Moving Forward
  - Find a notebook/folder to keep your PBD pathways notes, goals & personal research in one place
  - Check-in with a coach or instructor to help mentor you
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