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| Up to 3 Skills | Describe Why you want to develop this skill. | What category of activity do you want to work in to build your skill?  -Spirit Fingers  -Open 4 Change  -Green Group  -Other (explain) | What project do you want to have happen? | What is your SMART GOAL for the project? | What is your SMART GOAL for skill development? |
| 1. |  |  |  | S (specific)  M (measurable)  A (attainable) \*goldilocks rule  R (relevant)  T (time bound) | S (specific)  M (measurable)  A (attainable) \*goldilocks rule  R (relevant)  T (time bound) |
| 2. |  |  |  | S (specific)  M (measurable)  A (attainable) \*goldilocks rule  R (relevant)  T (time bound) | S (specific)  M (measurable)  A (attainable) \*goldilocks rule  R (relevant)  T (time bound) |
| 3. |  |  |  | S (specific)  M (measurable)  A (attainable) \*goldilocks rule  R (relevant)  T (time bound) | S (specific)  M (measurable)  A (attainable) \*goldilocks rule  R (relevant)  T (time bound) |