Active Verbs for Goal and Objective Statements

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| Accomplish | Compare | Discharge | Fasten |
|-------------|---------------|-------------|-------------|
| Achieve* | Compile | Discipline | File |
| Acquire | Complete* | Disconnect | Fill |
| Activate | Compose | Discover | Forecast |
| Adapt | Compute | Discuss | Forge* |
| Address | Condense | Dismantle | Form* |
| Adjust | Confer | Dispatch | Formulate |
| Administer | Confirm | Display | Fortify |
| Adopt | Connect* | Disseminate | Foster* |
| Advance* | Consolidate | Distinguish | Found* |
| Advocate | Construct* | Distribute | Frame |
| Allocate | Consult | Diversify | Garner |
| Allot | Contribute | Draft | Gather |
| Analyze | Control | Drive* | Gauge |
| Answer | Convert | Dump | Generate* |
| Apply | Convey | Duplicate | Govern |
| Appoint | Coordinate* | Edit | Grade |
| Appraise | Copy | Elaborate | Grasp |
| Approve | Correct | Elicit | Group |
| Arrange | Correlate | Eliminate* | Guard |
| Assemble | Counsel | Employ | Guide |
| Assess | Count | Empower* | Hire |
| Assign | Create* | Encourage | Hypothesize |
| Assist | Critique | Endorse | Identify |
| Audit | Debate | Energize* | Illustrate |
| Augment | Decide | Engineer | Implement* |
| Authorize | Defend | Enlist | Import |
| Award | Define | Enrich* | Improve |
| Balance | Delegate | Ensure* | Inaugurate* |
| Become* | Deliberate | Enter | Indicate |
| Build* | Deliver* | Entertain | Influence |
| Calculate | Demonstrate* | Enumerate | Inform |
| Calibrate | Describe | Erect* | Initiate* |
| Carry out | Design | Establish* | Innovate* |
| Change* | Designate | Estimate | Inspect |
| Charge | Destroy* | Evaluate | Inspire* |
| Check | Detect | Examine | Install |
| Choose | Determine | Exchange | Institute* |
| Circulate | Develop* | Execute* | Instruct |
| Classify | Devise* | Exhibit | Interpret |
| Clean up | Diagnose | Experiment | Interview |
| Climb | Diagram | Explain | Invent* |
| Close | Differentiate | Extract | Inventory |
| Collaborate | Direct | Fabricate | Investigate |
| Collect | Disassemble | Facilitate* | Invigorate |
| Combine | Disburse | Fashion | Involve |
| | | | |

^{*}These verbs, among others, are especially suitable for Big Hairy Audacious Goals (BHAGs).

Active Verbs for Goal and Objective Statements

Issue Persuade Represent Itemize Pick up Reproduce Plan Rescue* Join Judge Post Research **Predict** Resolve Justify Label Prepare Respond Launch* Prescribe Restore Lead* Present Restructure Preserve Retrieve List Listen Prevent Revamp* Procure Review Load Locate Produce Revise Make* **Program** Revive Manage Promote* Revolutionize* Prove* Reward Manipulate Manufacture Provide Salvage Map Propose Scan Provoke* Schedule Match Maximize Purchase Score Measure Push Screen Mediate **Ouantify** Search Question Select Mend Mix Raise Sell Rank Modernize Send Modify Rate Serve Rebuild* Monitor Service Motivate* Recall Shape Move* Recite Solicit Solve* Multiply Recommend Name Reconcile Sort Negotiate Record Spearhead* **Notify** Reduce Specify Refer Observe Stack Refine Obtain Start Reform Open Stimulate* Refresh Operate Store Optimize Register Strengthen* Order Regulate Structure Organize* Reinforce Study Originate* Reiterate Submit Outline Reject Succeed in* Overhaul* Release Summarize Oversee Repair Supply Package Replace Survey Perform Reply Sustain Permit Report Synthesize

Systematize
Tabulate
Teach
Tell
Tend
Test
Trace
Trade
Train
Transfer
Transform*
Translate
Transmit
Treat
Troubleshoot

Turn around*
Tutor
Update
Use
Usher
Validate
Verify
Weigh
Write