

Active Verbs for Goal and Objective Statements

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).*

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Issue	Persuade	Represent	Systematize
Itemize	Pick up	Reproduce	Tabulate
Join	Plan	Rescue*	Teach
Judge	Post	Research	Tell
Justify	Predict	Resolve	Tend
Label	Prepare	Respond	Test
Launch*	Prescribe	Restore	Trace
Lead*	Present	Restructure	Trade
List	Preserve	Retrieve	Train
Listen	Prevent	Revamp*	Transfer
Load	Procure	Review	Transform*
Locate	Produce	Revise	Translate
Make*	Program	Revive	Transmit
Manage	Promote*	Revolutionize*	Treat
Manipulate	Prove*	Reward	Troubleshoot
Manufacture	Provide	Salvage	Turn around*
Map	Propose	Scan	Tutor
Match	Provoke*	Schedule	Update
Maximize	Purchase	Score	Use
Measure	Push	Screen	Usher
Mediate	Quantify	Search	Validate
Mend	Question	Select	Verify
Mix	Raise	Sell	Weigh
Modernize	Rank	Send	Write
Modify	Rate	Serve	
Monitor	Rebuild*	Service	
Motivate*	Recall	Shape	
Move*	Recite	Solicit	
Multiply	Recommend	Solve*	
Name	Reconcile	Sort	
Negotiate	Record	Spearhead*	
Notify	Reduce	Specify	
Observe	Refer	Stack	
Obtain	Refine	Start	
Open	Reform	Stimulate*	
Operate	Refresh	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	

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List provided by Dr. Matthew Lee.