

Name:

S - specific (What exactly do I want to accomplish?) M - measurable (How will I know when my goal is met?) A - achievable (Is this a realistic goal that I can reach?) R - relevant (How will meeting this goal help me?) T - timely (When will I accomplish this goal?)	SMART <i>Goals</i>
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My goal:

My target date to reach my goal:

This goal is important to me because:

Who are the people, places or resources that can help me reach my goal?

What do I need to start doing, do differently, or keep doing to achieve my goal?



My goal:

Action step #1:

Action step #2:

Action step #3:

I'll know I've reached my goal because: