

Start Date: \_\_\_\_\_

## SMART Goal Worksheet

**Specific:** What exactly will you accomplish?

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**Measurable:** How will you know when you have reached the goal?

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**Achievable:** Is achieving this goal realistic? Have you got the resources to achieve this goal? If not, how will you get them?

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**Relevant:** Why is this goal important to you?

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**Time-bound:** When will you achieve this goal?

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**This goal is important because:**

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**The benefits of achieving this goal will be:**

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**Take Action!**