

Name: _____ Date: _____

MY SMART GOAL

Write down a SMART goal that you want to accomplish using the following guide questions:

S SPECIFIC	What do you want to accomplish?
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M MEASURABLE	How will you keep track of your progress?
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A ACTIONABLE	What do you need to do in order to reach the goal?
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R RELEVANT	How will this goal help you?
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T TIMELY	When will you accomplish this goal?
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Write down your SMART goal.