

# SMART Goals Worksheet

**SPECIFIC:** What will you accomplish?

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**MEASURABLE:** How will you know when you have reached this goal?

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**ACHIEVABLE:** With all your effort and commitment, is it possible to achieve this goal? Do you have the resources needed to achieve this goal? If you don't, do you have any way of getting them?

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**RELEVANT:** Why is this goal important to your life?

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**TIME-BOUND:** When can you achieve this goal?

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