

## SMART Goal Worksheet

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Goal Completion Deadline: \_\_\_\_\_

My goal is:

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**Answer the questions below to help develop and clearly define your goal**

<b>S</b>	<b>SPECIFIC:</b> What am I going to do? Why is this important? What do I want to accomplish?	
<b>M</b>	<b>MEASURABLE:</b> How will I know that I have reached my goal? What will I receive for completing my goal?	
<b>A</b>	<b>ATTAINABLE:</b> Can I see myself achieving this goal? Can I break it down into manageable pieces? What do these pieces look like?	
<b>R</b>	<b>REALISTIC:</b> Is the goal too difficult to reach? Too easy? What are some potential challenges I will have to overcome?	
<b>T</b>	<b>TIMELY:</b> What is my anticipated date of completion? Are there official deadlines to this goal?	

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