

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

# S.M.A.R.T Goals

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<b>S</b>	Your goal must be <b>specific</b> . What exactly are you going to achieve?	My goal is
<b>M</b>	Your goal must be <b>measurable</b> . How will you measure your progress?	I will track the progress I make towards my goal by
<b>A</b>	Your goal must be <b>attainable</b> . Do you have the skills and abilities necessary to achieve your goal?	My goal is attainable because I can
<b>R</b>	Your goal must be <b>relevant</b> . Why is achieving your goal important to you? How is it meaningful?	Achieving this goal is important and meaningful to me because
<b>T</b>	Your goal must be <b>timely</b> . How much time do you have to achieve your goal?	My goal will be achieved by

STEPS TO REACH MY GOAL:

