## **SMART Goals Worksheet**

Initial Goal	Write your goal here.
S Specific	Make your goal detailed and well defined.
M Measurable	Make sure you are able to know when you have reached your goal.
A Attainable	Are you able to take action to reach your goal?
R Realistic	Can you realistically achieve this goal within the given time frame?
T Timely	Set a start and end date for your goal to help stay motivated and focused!
<u>SMART GOAL</u>	

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Completion Date
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## What actionable steps do you need to take to reach your goal?

## Plan for potential obstacles with potential solutions!

Potential Obstacles	Potential Solutions

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