

NAME:

DATE:

# SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

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|----------|---|--|
| <b>S</b> | <u>SPECIFIC</u><br>WHAT DO I WANT TO ACCOMPLISH?              |  |
| <b>M</b> | <u>MEASURABLE</u><br>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED? |  |
| <b>A</b> | <u>ACHIEVABLE</u><br>HOW CAN THE GOAL BE ACCOMPLISHED?        |  |
| <b>R</b> | <u>RELEVANT</u><br>DOES THIS SEEM WORTHWHILE?                 |  |
| <b>T</b> | <u>TIME BOUND</u><br>WHEN CAN I ACCOMPLISH THIS GOAL?         |  |

