

# SMART GOALS WORKSHEET

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**Goal Title:**

<b>S – Specific</b>	What exactly do you want to accomplish?
<b>M – Measurable</b>	How will you measure progress or success?
<b>A – Achievable</b>	Is the goal realistic with the resources you have?
<b>R – Relevant</b>	Why does this goal matter right now?
<b>T – Time Bound</b>	What is the deadline or timeframe?

Notes / Action Steps: