

SMART GOALS WORKSHEET

GOAL #1

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How this goal is SMART:

SPECIFIC	
MEASURABLE	
ACHIEVABLE	
RELEVANT	
TIME-BOUND	

GOAL #2

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How this goal is SMART:

SPECIFIC	
MEASURABLE	
ACHIEVABLE	
RELEVANT	
TIME-BOUND	

GOAL #3

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How this goal is SMART:

SPECIFIC	
MEASURABLE	
ACHIEVABLE	
RELEVANT	
TIME-BOUND	

GOAL #4

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How this goal is SMART:

SPECIFIC	
MEASURABLE	
ACHIEVABLE	
RELEVANT	
TIME-BOUND	

GOAL #5

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How this goal is SMART:

SPECIFIC	
MEASURABLE	
ACHIEVABLE	
RELEVANT	
TIME-BOUND	