

**SMART Goals Worksheet**  
**Specific, Measurable, Achievable, Realistic, Timely**

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| <b>Goal Statement:</b> |
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| <b>What do you need to reach your goal?</b> |
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| <b>Where are you right now in achieving your goal?</b> |
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| <b>Things that are stopping you from achieving your goals:</b> | <b>Solutions to your obstacles:</b> |
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