S.M.A.R.T Goals

Name _____

Date _____

S pesific

My goal is ....

M easurable

I will track my progress by ....

A attainable

I will achieve goal by doing ....

R relevant

This goal helps me because ....

T ime-bound

I will complete this goal by (date): ....

Action Steps

....
....
.............→ ....→ ....→ ....
....
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