

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

<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 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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