

**SMART Goals**

**Specific | Manageable | Attainable | Realistic | Timely**

**What is the specific goal?** \_\_\_\_\_

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**How and why is it manageable?** \_\_\_\_\_

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**Why is this goal attainable for you?** \_\_\_\_\_

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**Why do you believe it's realistic?** \_\_\_\_\_

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**What is the time frame for you to reach this goal?** \_\_\_\_\_

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