

SMART GOALS WORKSHEET

SPECIFIC

What do I want to accomplish?

MEASURABLE

How will I know when it is accomplished?

ACHIEVABLE

How can the goal be accomplished?

RELEVANT

Does this seem worthwhile?

TIME BOUND

When can I accomplish this goal?

SMART GOALS

WORKSHEET

S

SPECIFIC

What do I want to accomplish?

M

MEASURABLE

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A

ACHIEVABLE

How can the goal be accomplished?

R

RELEVANT

Does this seem worthwhile?

T

TIME BOUND

When can I accomplish this goal?

MY SMART GOALS

S



M



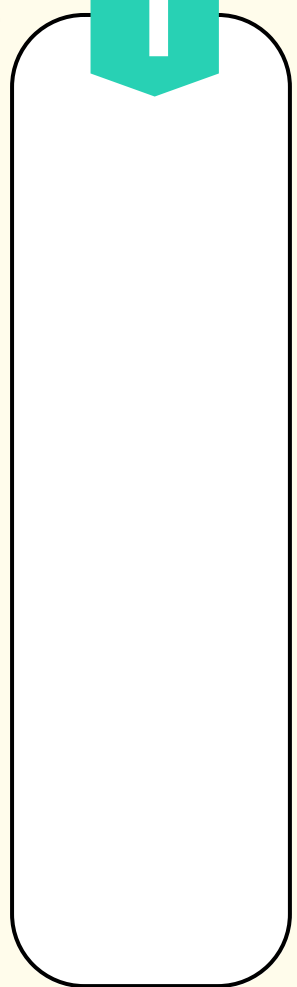
A



R



T



MY SMART GOALS

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME BOUND