**Make Your Goals S.M.A.R.T. Goals**

Today’s Date: Target Date: Start Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date Achieved: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Make Your Goal S.M.A.R.T.**

**Specific:** *What will I accomplish (e.g. who, what, where, when, which, why)?*

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**Measurable:** *How will I know that I have reached my goal (e.g. how many, how much, etc.)?*

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**Attainable:** *How can I attain my goal (e.g. attitude, ability, resources, etc.)?*

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**Relevant*:*** *Why is this goal important to me* *(e.g. purpose, benefit, etc.)?*

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**Timely:** *When will I achieve this goal (e.g. timeframe, target date, urgency, etc.)?*

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