

### S.M.A.R.T. Goals

Look back at the goals just you wrote down and answer the below questions. Repeat this exercise with each of the goals you have identified.

#### **Goal #1**

Is the goal **Specific?**

If not, make your goal more specific here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is the goal **Measurable?**

If not, make your goal something that can be measured here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is the goal **Attainable?**

If not, make your goal something that you can attain here. You may need to break it down into a smaller goal that you know you can achieve: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is the goal **Relevant?**

If not, make your goal something that would be truly meaningful for you here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is the goal **Timebound?**

If not, make your goal something that you can achieve within a few months here: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Now write the final version of your S.M.A.R.T. goal here: \_\_\_\_\_

\_\_\_\_\_

**Goal #2**

Is the goal **Specific?**

If not, make your goal more specific here: \_\_\_\_\_

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Is the goal **Measurable?**

If not, make your goal something that can be measured here: \_\_\_\_\_

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Is the goal **Attainable?**

If not, make your goal something that you can attain here. You may need to break it down into a smaller goal that you know you can achieve: \_\_\_\_\_

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Is the goal **Relevant?**

If not, make your goal something that would be truly meaningful for you here: \_\_\_\_\_

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Is the goal **Timebound?**

If not, make your goal something that you can achieve within a few months here: \_\_\_\_\_

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Now write the final version of your S.M.A.R.T. goal here: \_\_\_\_\_

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**Goal #3**

Is the goal **Specific?**

If not, make your goal more specific here: \_\_\_\_\_

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Is the goal **Measurable?**

If not, make your goal something that can be measured here: \_\_\_\_\_

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Is the goal **Attainable?**

If not, make your goal something that you can attain here. You may need to break it down into a smaller goal that you know you can achieve: \_\_\_\_\_

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Is the goal **Relevant?**

If not, make your goal something that would be truly meaningful for you here: \_\_\_\_\_

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Is the goal **Timebound?**

If not, make your goal something that you can achieve within a few months here: \_\_\_\_\_

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Now write the final version of your S.M.A.R.T. goal here: \_\_\_\_\_

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