

# S.M.A.R.T Goal Setting

My Goal is:

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**Specific:** *Your What, Why, How*

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**Measurable:** *How will you know you've arrived?*

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**Achievable:** *Is this goal realistic? How so? What do you need to do to make it achievable?*

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**Relevant:** *Why is this goal significant to you? How will it change your life?*

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**Time Sensitive:** *When will you achieve this goal? What is your deadline for this goal to happen?*

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