

# SMART GOALS

Setting S.M.A.R.T goals can help keep you motivated and get you closer to reaching your goal!

## SPECIFIC

What is the exact goal that you are trying to accomplish?

## MEASURABLE

How will you be able to see that you are making progress?

## ATTAINABLE

Is this a goal that you think you can actually reach?

## RELEVANT

Is this something that's important to you right now?

## TIME-BOUND

When do you think you'll be able to reach your goal?



# MY BIG GOAL

MAIN GOAL:

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\_\_\_\_\_

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MINI-GOALS:

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DEADLINE: \_\_\_\_\_

ACTION PLAN:

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DATE:

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DEADLINE: \_\_\_\_\_

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