**SMART Goals Worksheet**

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| Initial  Goal | Write your goal here. |
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| **S**  Specific | **Specific** and clear goals are easier to achieve and help you know how and where to start. Your goal should be clear and well defined. |
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| **M**  Measurable | **Measurable** goals allow you to track your progress and know when they are completed! How will you know when you reach your goal? |
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| **A**  Actionable | **Actionable** goals ensure the steps to get there are within your control. What steps will you take to reach your goal? |
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| **R**  Realistic | **Realistic** goals avoid unnecessary stress and frustration. Taking into account your time, skills, and resources, will you be able to reach your goal? |
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| **T**  Timeframe | A **timeframe** helps us stay focused and motivated as we move towards our goals! When will you start and finish your goal? |
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| SMART  Goal | Revise your goal based on your answers. |
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