

# my smart goal

S

SPECIFIC - WHAT IS IT I WANT TO DO?

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MEASURABLE - HOW WILL I TRACK MY PROGRESS?

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ATTAINABLE - WHAT STEPS DO I NEED TO TAKE TO REACH MY GOAL?

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R

RELEVANT - WHY IS REACHING THIS GOAL IMPORTANT TO ME?

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T

TIME BOUND - BY WHEN WILL I HAVE COMPLETED THIS?

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