

## SMART GOALS WORKSHEET

### GOAL

*Be specific and concise. Include the measure and time frame*

MY GOAL IS....



Specific

S

Measurable

M

### PURPOSE

*Why is the goal relevant? What are the benefits?*

Attainable

A

Relevant

R

Time-bound

T

### CHALLENGES

*What are the challenges to outcome? What resources and skills are needed?*

COMPLETION DATE

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