



# S.M.A.R.T. Goal Think-sheet

for \_\_\_\_\_

**Specific:** What exactly do you want to accomplish?

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**Measureable:** How will you know when you've reached this goal? What will you be able to do?

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**Action:** What will you need to do in order to reach your goal?

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**Realistic:** Is this goal reachable? How do you know?

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**Timely:** When will you reach this goal? What is your deadline?

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