

SMART Goals

Specific | Manageable | Attainable | Realistic | Timely

What is the specific goal? \_\_\_\_\_

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How and why is it manageable? \_\_\_\_\_

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Why is this goal attainable for you? \_\_\_\_\_

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Why do you believe it's realistic? \_\_\_\_\_

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What is the time frame for you to reach this goal? \_\_\_\_\_

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