



## S.M.A.R.T. GOAL PLANNER

WHAT IS MY GOAL ?

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IS MY GOAL **S.M.A.R.T.** ?

|                           |                                    |  |
|---------------------------|------------------------------------|--|
| <b><i>S</i>pecific:</b>   | What specifically will I achieve?  |  |
| <b><i>M</i>easurable:</b> | How will I measure it?             |  |
| <b><i>A</i>chievable:</b> | Is it achievable by me now?        |  |
| <b><i>R</i>elevant:</b>   | Is it relevant to my larger goals? |  |
| <b><i>T</i>imeframed:</b> | By what dates will I achieve it?   |  |

WHAT RESOURCES/PEOPLE DO I NEED TO ORGANIZE?



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WHAT DO I NEED TO SCHEDULE IN MY PLANNER OR CALENDAR?



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WHAT MILESTONES DO I WANT TO RECOGNIZE?

WHAT REWARDS WILL I GIVE MYSELF



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