

SMART GOALS PLANNER

S



Specific

- A. What exactly do you want to achieve?
- B. Where will it take place (if applicable)?

M



Measurable

- A. How will you track progress?
- B. How will you know when the goal is accomplished?

A



Achievable

- A. Is the goal realistic?
- B. What steps or actions will you take to reach the goal?
- C. Do you have the necessary skills and support?

R



Relevant

- A. Does the goal align with your long-term goals?
- B. Is now the right time to pursue this goal?

T



Time-based

- A. What is the target completion date?
- B. When will you start working on the goal?
- C. Are there any milestones or checkpoints along the way?

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Instructions: For each goal, fill in the details according to the SMART criteria. This will help ensure that your goals are clear, focused, and actionable.

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