

SMART Goals

Goal

Date Set

S Specific	Goal	The Importance of This Goal

M Measurable	Clearly define measurable criteria such as progress, numbers, and metrics	

A Attainable	Define measurable criteria (e.g., progress, numbers)	Specific, actionable tasks for goal achievement

R Relevant	How the goal relates to your life, long-term objectives, and values	

T Time-bound	Deadline	Short-term, mid-term, and long-term goals, etc.

Action Plan

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Results and Reflection

Results:	Areas for Improvement: