



**SMART Goals Worksheet** (adapted from the University of Texas)

Today's Date: \_\_\_\_\_ Target Date: \_\_\_\_\_ Start Date: \_\_\_\_\_

Date Achieved: \_\_\_\_\_

Goal: \_\_\_\_\_

**Is your goal SMART?**

**Specific:** *What exactly will you accomplish?*

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**Measurable:** *How will you know when you have reached this goal?*

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**Attainable/Action-Oriented:** *Is achieving this goal realistic with effort and commitment? Do you have the resources to achieve this goal? If not, how will you get them? What are the exact steps you should take to accomplish this goal?*

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**Relevant/Realistic:** *Why is this goal significant to your life?*

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**Timely:** *When will you achieve this goal?*

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