











SMART Goal Template

				
S	M	A	R	T
Specific: Define your goal in as much detail as possible. Who, What, Where, When.	Measurable: Make sure you can easily measure and track your progress.	Achievable or attainable: How will you achieve your goal? (You might want to break it down.)	Realistic: Does your goal have the right level of ambition? Is the bar set right?	Timely or time focused. How long will it take you to complete your goal?

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