

SMART GOALS WORKSHEET

S mart	This is exactly what I want to do...
M easurable	How will I record my progress?
A ttainable	Is this realistic? Can I make this possible? Of course write a big 'YES' here and look at it should you ever doubt yourself.
R elevant	Why I am doing this?
T imescale	When will I complete this?

**Do not doubt what you can achieve.
Set a goal and go for it.**

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