Now, create your own SMART goal

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|  | Word | Explanation | **My Goal** |
| **S** | SPECIFIC | Set a goal that is specific enough to be accomplished.  |  |
| **M** | MEASURABLE | Establish criteria (what you have to show) for the goal to be achieved. |  |
| **A** | ACTION-ORIENTED | Involves specific actions that will result in your reaching the goal |  |
| **R** | REALISTIC | Should be something that is attainable given the resources and limitations that you have |  |
| **T** | TIMELY | Allow reasonable time to complete each goal, but not so much time that you lose focus |  |

My SMART Goal is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(S). I will know that I have reached my goal if \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(M). In order to reach it, I will take the following actions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(A). I plan to accomplish my goal by \_\_\_\_\_\_\_\_\_\_ (T).