

SMART GOAL

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C

DESCRIBE YOUR GOAL:

M
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S
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R
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E

HOW CAN YOU TRACK YOUR PROGRESS?

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A
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L
E

WHO IS GOING TO HELP YOU
WITH YOUR GOALS?

WHICH WILL BE YOUR
ACCOUNTABILITY PARTNER?

WHEN WILL THEY CHECK IN WITH YOU?

R
E
L
E
V
A
N
T

LIST THE SKILL AND RESOURCES YOU NEED IN ORDER TO MEET YOUR GOALS.

T
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M
E
B
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D

GOAL FOR CHECK IN DATE 1

GOAL FOR CHECK IN DATE 2

GOAL FOR CHECK IN DATE 3

WHEN?

WHEN?

WHEN?