

Complete the questions below.

What do you want? Goals you have identified:

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Which goal do you want to SMARTen?

Specific

How can you make your goal more detailed and concrete?

Measurable

How will you know you've achieved the goal?

What metrics for success will you use?

Action Oriented

What are 3 steps you can take toward your goal?

Realistic

Is this something you can reasonably achieve?

Is it too easy or too hard?

Time Sensitive

What is your deadline? What are intermediate steps (milestones) you can set along the way?