Goal Setting: SMART Goals

Part 1. Write Down 4 Goals:

1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________
4. ____________________________________________________________________________

Pick one goal from above: _____

Part 2. Break it into smaller steps—remember these are measurable and attainable.

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<th>Step</th>
<th>Time Needed (if applicable)</th>
<th>Deadline</th>
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Part 3. What are resources, places and/or people who can help you in achieving this goal?

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What obstacles might get in your way? What will you do to overcome these obstacles?

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Part 4. How will you know you have achieved this goal? What will it look like and what will it feel like?

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