

Goal Setting Template

SMART Goals	Specific	Measurable	Action-Oriented	Relevant	Time-Oriented
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Define Goals

1	
2	
3	

Break Each Goal Into Smaller Measurable And Attainable Steps

Goal		
Step Description	Time Required	Set Deadline

FURTHER PLANNING

Further Planning	Desired Outcome
Detail Required Resources	Define Measurements for Success
Define Potential Obstacles	
Plans For Overcoming Obstacles	Describe the Outcome or the Achieved Goal

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