**Define Your Goals**

**SMART Goals Worksheet**

**Intention**

**Time-Based**

**Relevant**

**Attainable**

**Specific**

**Measurable**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *What do you want to achieve?* | *Who?**What?**Why?**Where?**When?* | *How much?**How often?**How many?* | *Achievable?* | *Is it relevant to your ultimate vision?* | *When?* |
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