SMART Goal Planning Sheet

Name: Date:

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| **SMART Goal** |
|  |
| *Specific? Measurable? Attainable? Relevant? Time-bound?* |
| **Action Steps** |
| **l.****2.****3.** |
| **Hurdles and Strategies to Overcome Each Hurdle** |
|  |
| **Reflection: What's Next?** |
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