

POSSE's S.M.A.R.T. Goal Worksheet

S Make it Specific	What do I want to achieve or accomplish?

M Make it Measurable	How will I know if my goal is attained?

A Make it Achievable	How can I attain this goal?

R Make it Realistic	Is it important to where I am in my life right now?

T Make it Time-Bound	What is the date I will achieve my goal?
	_____ / _____ / _____



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