

SMART Goals

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Setting SMART goals helps us make changes and do things that we want to do. SMART goals should be:

Specific

Specific goals answer the question, “What am I going to do?”

Measurable

Your goal should be measurable so that you can tell if the goal has been met.

Achievable

Your goal should be something that you can achieve right now considering your time and resources.

Relevant

Your goal should help you do the things that you want to do.

Timely

Your goal should have a time frame so that you know when you should accomplish your goal.



My **SMART** goal:

Example: I will drink one glass of water instead of one glass of soda for dinner on Monday, Wednesday and Friday this week.



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