

PRINTABLE GOAL PLANNING TEMPLATE

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SMART GOALS

Specific

Measurable

Action-Oriented

Relevant

Time-Oriented

DEFINE GOALS

1	
2	
3	

BREAK EACH GOAL INTO SMALLER MEASURABLE AND ATTAINABLE STEPS

GOAL		
STEP DESCRIPTION	TIME REQUIRED	SET DEADLINE

FURTHER PLANNING

DETAIL REQUIRED RESOURCES

DEFINE POTENTIAL OBSTACLES

PLANS FOR OVERCOMING OBSTACLES

DESIRED OUTCOME

DEFINE MEASUREMENTS FOR SUCCESS

DESCRIBE OUTCOME OF ACHIEVED GOAL

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