

THE FIRST 90

A New Year's Challenge to Make 2021 Count

SMART GOAL MAP

NAME: _____ DATE: _____

Directions: List the required information in the appropriate areas as indicated.

S	Make it SPECIFIC	What do you want to accomplish?
M	Make it MEASURABLE	How will you know when you have accomplished your goal?
A	Make it ATTAINABLE	How can the goal be accomplished?
R	Make it RELEVANT	Is this goal worth working hard to accomplish? Explain.
T	Make it TIMELY	When will the goal be accomplished?



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