

SMARTER Goal

Date:

Life Aspect:

My Big Picture for this aspect of my life is

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Specific Goal	
How the goal will be Measured	
Reason this goal is important to me.	
Actions required to achieve goal	Time-line for each action item
Is it: * Enjoyable, * Exciting and * Ethical	
Resources required	

**SPECIFIC – MEASURABLE – ACTIONABLE – REALISTIC/ REASONED – TIMEBOUND –
ENJOYABLE/EXCITING/ETHICAL – RESOURCES**