**Create Your S.M.A.R.T. Goals**

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| S | Specific: State exactly what you want to accomplish (Who, What, Where When and Why) |
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| M | Measurable: How will you evaluate and know that you have reached your goal or how much progress you have made? |
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| A | Achievable: Your goal should be challenging, but within your ability to reach. Be realistic but be willing to push out of your comfort zone. |
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| R | Realistic: State what results can realistically be achieved, given available resources. |
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| T | Timely: Set some “by when” dates that you can target for completion or to measure your progress. |
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Identify obstacles and a plan for managing them:

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Identify who can provide you with support and accountability for this goal:

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