

SMART Goals Template (+ Rewards/Motivations)

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Goal #1: [INSERT GOAL NAME]	
How is it Specific ?	
How is it Measurable ?	
Why is it Attainable ?	
Why is it Relevant ?	
How is it Time-bound ?	
What Reward will I get for reaching this goal? What is my Motivation for reaching this goal?	

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Goal #2: [INSERT GOAL NAME]	
How is it Specific?	
How is it Measurable?	
Why is it Attainable?	
Why is it Relevant?	
How is it Time-bound?	
What Reward will I get for reaching this goal? What is my Motivation for reaching this goal?	

Track the time you spend working on your SMART goals with [Clockify.me](https://clockify.me)

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Goal #3: [INSERT GOAL NAME]	
How is it Specific?	
How is it Measurable?	
Why is it Attainable?	
Why is it Relevant?	
How is it Time-bound?	
What Reward will I get for reaching this goal? What is my Motivation for reaching this goal?	

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Goal #4: [INSERT GOAL NAME]	
How is it Specific?	
How is it Measurable?	
Why is it Attainable?	
Why is it Relevant?	
How is it Time-bound?	
What Reward will I get for reaching this goal? What is my Motivation for reaching this goal?	