

# Simple SMART Goal Template

**MY GOAL IS TO...**

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**I WANT IT BECAUSE...**

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**I KNOW I CAN ACHIEVE IT BECAUSE...**

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**THE TIME I'LL HAVE TO ACHIEVE THE GOAL IS...**

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**THE FIRST STEP I HAVE TO MAKE TOWARD MY GOAL IS...**

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**I'LL MAKE MY FIRST STEP TOWARD THE GOAL ON (DAY AND DATE)...**

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