SMART Goal Template (+ Rewards/Motivations)

	Goal #1: [INSERT GOAL NAME]	
S	How is it Specific?	
Μ	How is it Measurable?	
Α	Why is it Attainable?	
R	Why is it Relevant?	
Т	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?
How is it time-bound i
What reward will I get for
reaching this goal?
What is my motivation for
reaching this goal?
reaching this goars

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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	

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Goal #4: [INSERT GOAL NAME]

S	How is it Specific?	
Μ	How is it Measurable?	
Α	Why is it Attainable?	
R	Why is it Relevant?	
Т	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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