

Plotting out SMART goals

Specific: What is my goal in the clearest, most concise sentence? (define what, where, how and why)  
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Measurable: What numbers can I use to track my progress on meeting this goal? (ex: I will practice XYZ for X amount of time X days per week)

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Agreed upon: is this goal realistic for me to achieve and what is my commitment to it?

1 2 3 4 5 6 7 8 9 10

not realistic sort of very realistic

1 2 3 4 5 6 7 8 9 10

not committed sort of very committed

Relevant: Is this goal something that is really worth chasing in my life? Why or why not?

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Time oriented: When will I complete this goal by? How many minutes will I dedicate toward this goal each day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_