SMART Goal-Setting Template for Coaching or Individual Use

Goal	Specific	Measurable	Accurate	Realistic	Timely
	Who? What? When? Where? Why?	*How will you know when it is accomplished? What will it be like?*	*How does this goal help you to meet your overall objectives? Is it relevant to your role?*	*Can all objectives pertaining to the goal be achieved out? How? Has anyone done this before?*	*What are the deadlines for this goal? How long do you have to complete it?*
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