

SMART Goal 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 ?	
<ul style="list-style-type: none">• 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 #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 ?	
<ul style="list-style-type: none">• What reward will I get for reaching this goal?• What is my motivation for reaching this goal?	

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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 ?	
<ul style="list-style-type: none">• 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 ?	
<ul style="list-style-type: none">• What reward will I get for reaching this goal?• What is my motivation for reaching this goal?	