

# SMART GOAL TRACKING

SMART goal:

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**What are the action steps you need to achieve this goal?** Order these by priority or their due date.

Action: \_\_\_\_\_

Action: \_\_\_\_\_

Action: \_\_\_\_\_

**Am I on track to achieve this goal?** What obstacles have come up and what support do you need?

Obstacle: \_\_\_\_\_

Support: \_\_\_\_\_

Obstacle: \_\_\_\_\_

Support: \_\_\_\_\_

**Milestones achieved.** Note down everytime you hit one of your measurable milestones along the way.

Milestone: \_\_\_\_\_

Milestone: \_\_\_\_\_

Milestone: \_\_\_\_\_

**Target date.** Have you reached your goal?

Reflect on the process. What went well and what could have been improved?

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