



# Parent Training & Information

## SMART GOAL WORKSHEET

GOAL:				
<b>S</b>	Specific	What do I want to accomplish? Why do I want to accomplish this? What are the requirements? What are the constraints?		
<b>M</b>	Measurable	How will I measure my progress? How will I know when the goal is accomplished?		
<b>A</b>	Attainable & Action Words	How can the goal be accomplished? What are the logical steps I should take?		
<b>R</b>	Realistic & Relevant	Is this a worthwhile goal? Is this the right time? Do I have the necessary resources to accomplish this goal? Is this goal in line with my long term objectives?		
<b>T</b>	Time-Limited	How long will it take to accomplish this goal? When is the completion of this goal due? When am I going to work on this goal?		



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