

S.M.A.R.T Goals Worksheet

Specific

What healthy tech do I want to consume more of?

What Junk tech do I want to limit and monitor? What toxic tech do I want to avoid?



Measurable

How will I measure my progress?

How will I know when the goal is accomplished?



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Achievable

What are the logical steps I need to take?
Do I have the necessary resources?
What will help/ hinder my achievement?



Relevant

Why is this a worthwhile goal
Is this the right time to make this change?
Is this goal in line with my long-term plans?



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Time-Bound

How long will it take to accomplish this goal?
When am I aiming to start/ complete this goal?
When am I going to work on this goal?

