

## SMART Review

Date: / /

Success doesn't only mean achieving your SMART Goal. Any positive steps you take along the way count! Take a minute to record all your successes below - however small.

My successes:

Barriers are a part of life, they sometimes get in the way. First, list any barriers to achieving last session's SMART Goals. Then think about solutions that you can implement.

My barriers:

My solutions:

Don't forget your previous SMART Goals. Thinking about your successes and barriers above, take a moment to reset any of the other SMART Goals you want to focus on.

My updated SMART Goals:

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