

SMART Goals Worksheet: My Plan to Quit Caffeine

Step 1: Set Your Primary Goal

What is your main goal related to caffeine? (e.g., 'I want to quit drinking coffee entirely.')

Step 2: Make It SMART

Specific: What exactly do you want to achieve?

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Measurable: How will you measure progress?
Achievable: Is this goal realistic? What steps will help you succeed?
Relevant: Why is this goal important to you?

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[illegible]

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[illegible]

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Step 5: Accountability & Support

Who can help support your journey?

How will you hold yourself accountable?

My SMART Goal Statement

"I will _____

so that _____

by _____ (date)."