

S

**Specific:**  
What is my goal?



M

**Measurable:**  
How will you track your progress?



A

**Achievable:**  
Is your goal realistic?



R

**Relevant:**  
Does the goal align with your overall plan?



T

**Time Bound:**  
Give your goal a deadline



# Measurable Objectives Cbt

**Thirumalaisamy P.**  
**Velavancorresponding**



## **Measurable Objectives Cbt:**

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