## LAMA Worksheet

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| Employee’s Name | |  | | |
| Today’s Date & Time | | DATE | | TIME |
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| SMART Goal |  | | | |
| **LAMA** | | | | |
| Learn  How are you going to learn new skill? |  | | | |
| Apply new skill  When and how you are going to apply what you learned. |  | | | |
| Measurement  How are you going to measure your progress? |  | | | |
| Assess results  What results do you expect to see and by when? |  | | | |
| Next Meeting Date and Time | DATE | | TIME | |
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