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| Initial Goal | Write your goal here. |
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| SSpecific | Your goal should be well defined, detailed and clear. |
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| MMeasurable | Is your goal measurable? You should be able to tell when you reach your goal. |
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| AAchievable | Can you reach the goal, taking into account your available time, skills, and financial status? |
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| RRealistic | Is your goal realistically achievable within the given time frame and with the available resources? |
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| TTimely | Set a start and finish date for your goal. |
| Start Date: Finish Date  |
| SMARTGoal | Revise your goal based on the answers to the questions above. |
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