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| **Specific** | WHAT DO YOU WANT TO ACHIEVE?  S |  |
|  |  |  |
| **Measurable** | HOW WILL YOU KNOW WHEN YOU HAVE REACHED YOUR GOAL?  M |  |
|  |  |  |
| **Achievable** | IS THE GOAL WITHIN YOUR POWER TO ACCOMPLISH?  A |  |
|  |  |  |
| **Realistic** | CAN YOU REALISTICALLY ACHIEVE YOUR GOAL?  R |  |
|  |  |  |
| **Time-Bound** | WHEN DO YOU WANT TO ACHIEVE YOUR GOAL BY?  T |  |
|  | | |
| YOUR UPDATED GOAL: | | |

|  |  |
| --- | --- |
| **Your Goal** |  |

Goal Setting