SMART Goal Check

| goal is to | | |
|--------------------|-------------------------------------|------------|
| (wri | te a specific thing you want to do) | |
| | | |
| (write the date by | which you want to have accomplish y | vour goal) |
| | | |
| Specific | Measurable | Achievable |
| | | |
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| | | |
| Relevant | | Time-Bound |
| a welevante | | Time Bound |
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