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| --- | --- |
| S  SPECIFIC | Who? What? Where? Why? When? |
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| M  MEASURABLE | How will you know when you have done it? |
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| A  ACHIEVABLE | Do you have the skills, materials, motivation, and time necessary? |
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| R  RELEVANT | Why this goal? Why now? What will I get if I complete it? |
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| T  TIME BOUND | What is your latest and ideal deadline? |
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| SMART GOAL | Write the goal that you have, drawing on the SMART model. |
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