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1. Install and configure JMeter on your machine.

2. Create a new Test Plan in JMeter.

3. Add a Thread Group to the Test Plan.

4. Add a HTTP Request Sampler to the Thread Group.

5. Configure the HTTP Request Sampler to use a website URL that returns XML data.

6. Add an XML Assertion to the HTTP Request Sampler.

7. Configure the XML Assertion to validate the XML response against an XML schema.

8. Run the Test Plan and observe the results.