I set myself a SMART goal!

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| --- | --- | --- |
| **S** | **Specific** |  |

|  |  |  |
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| **M** | **Measurable** |  |

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| **A** | **Appropriate / Ambitious** |  |

|  |  |  |
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| **R** | **Realistic** |  |

|  |  |  |
| --- | --- | --- |
| **T** | **Temporal** |  |