## S.M.A.R.T GOALS

Goals are the specific plans or purposes you have in life. S.M.A.R.T goals take your planning to the next level. S.M.A.R.T. is an acronym for:

S	Specific	enough to	suggest	action.
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- Measurable to know when you have met your goal.
- A Achievable goals are reasonable and possible.
- Realistic goals make sense for your life.
- Time-bound objectives have a target date.

Create at S.M.A.R.T. long-term goal:

Time-Bound

Specific

Measurable

Achievable

Realistic

Time-Bound



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