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| --- | --- | --- | --- | --- | --- |
| **What do you want to achieve?** | **Who?**  **What?**  **Why?**  **Where?**  **When?** | **How much?**  **How often?**  **How many?** | **Achievable?** | **Is it relevant to your ultimate vision?** | **When?** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

SPECIFIC

MEASURABLE

ACHIEVABLE

REALISTIC

TIME BASED

**INTENTION**

**SMART GOAL WORKSHEET**