**Developing SMART Goals Worksheet**

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| **Intention** | **Specific** | **Measurable** | **Attainable** | **Relevant** | **Time-Based** |
| *What is it that you want to achieve?* | *Who?**What?**Where?**When?**Why?* | *How much?**How often?**How many?* | *Achievable?* | *Is it important to what you ultimately want to achieve?* | *When?* |
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