SMART Goals

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Setting SMART goals helps us make changes and do things that we want to do. SMART goals should be:

**Specific**
Specific goals answer the question, “What am I going to do?”

**Measurable**
Your goal should be measurable so that you can tell if the goal has been met.

**Achievable**
Your goal should be something that you can achieve right now considering your time and resources.

**Relevant**
Your goal should help you do the things that you want to do.

**Timely**
Your goal should have a time frame so that you know when you should accomplish your goal.

My SMART goal:
Example: I will drink one glass of water instead of one glass of soda for dinner on Monday, Wednesday and Friday this week.
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