**GOAL CHART**

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| **Name** | | | **Date** | | |
|  | | |  | | |
| **Intention** | **Specific** | **Measurable** | **Attainable** | **Relevant** | **Time based** |
| **What is it that you wish to achieve?** | **Who? What? Why?**  **Where? When?** | **How much?  How often? How many?** | **Achievable?** | **Is it crucial to what you wish  to ultimately achieve?** | **When?** |
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