

# S.M.A.R.T. Goals

GOAL: An aim or direction with an outcome in mind.

VALUE: What is important to us.

S	Specific Simple
M	Measurable Meaningful to you
A	As if now (present tense) Achievable All areas of your life
R	Realistic Responsible / Ecological
T	Timed Toward What You Want

Goals should be created for 10 years, six years, three years, one year, six months, and three months. Start with 10 years and work down.

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