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|  |   | **I know that this is achievable because (describe what has convinced you that you can do it)****This goal is very important for me because (describe what this goal will enable you in the future)****Hello, my name is (YOUR NAME) !****My SMART GOAL is to (describe your goal here)** **My plan is to achieve this goal by doing (describe what, where, why..)****I will know that I have fulfilled my goal by (describe what you will measure, compare, or check)****I plan to finish everything by (estimate how long it will take)** |   |  |
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