

## Personal Mission Statement:

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Write down a single \*SMART goal in each of these areas followed by a single sentence Action Plan for achieving it:

**S**pecific   **M**easurable   **A**chievable   **R**elevant   **T**imebound

### Business/Career

SMART Goal:

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Action Plan:

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### Finances

SMART Goal:

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Action Plan:

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### Health

SMART Goal:

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Action Plan:

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**Family and Friends**

SMART Goal:

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Action Plan:

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**Romance/Intimacy**

SMART Goal:

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Action Plan:

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**Personal growth**

SMART Goal:

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Action Plan:

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**Fun and Recreation**

SMART Goal:

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Action Plan:

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**Physical Environment**

SMART Goal:

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Action Plan:

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