



# Art of Sacred Living

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

This month's INTENTIONS

This month's GOALS

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### MAKING MY GOALS SMART

My GOAL is:

Specific: What specifically will I achieve?	
Measurable: How will I measure it?	
Achievable: Is it achievable for me now?	
Relevant: Is it relevant to my larger goals?	
Time-framed: By what dates will I achieve it?	

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