 **GOAL CHART TEMPLATE**

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| **NAME** | **DATE** |  |  |  |  |
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| **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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