

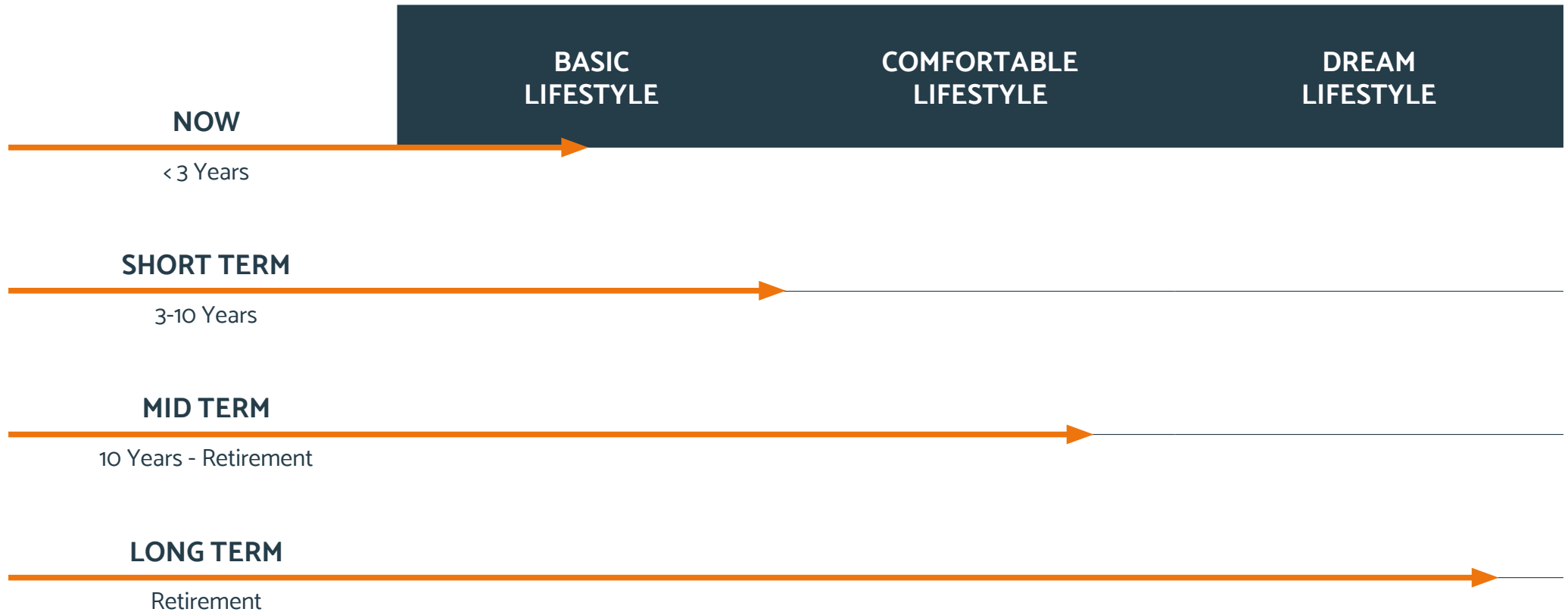


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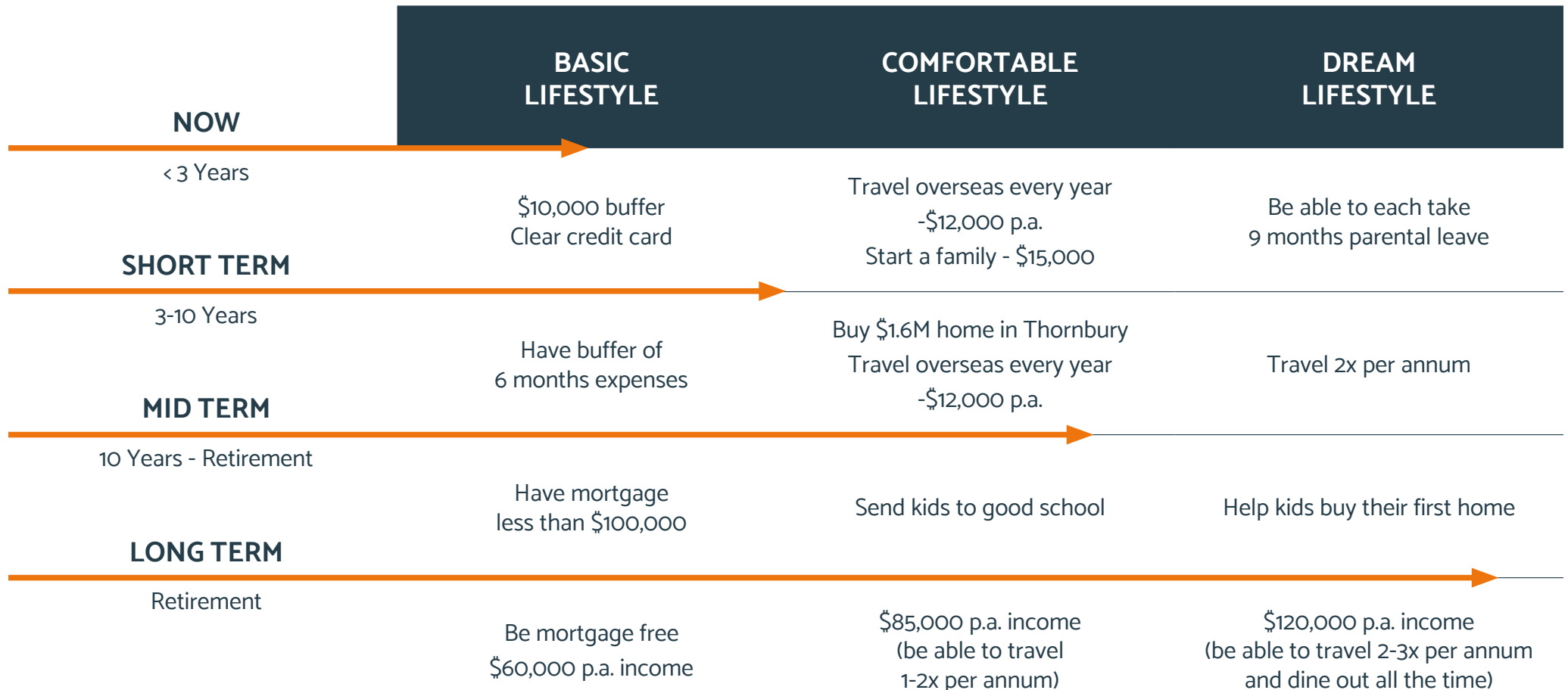
Waterfront City | 108 New Quay Promenade | Docklands | VIC | 3008 | [catchtherisingtide.com.au](http://catchtherisingtide.com.au)

# Goal Planning using S.M.A.R.T. goals



What is a S.M.A.R.T. goal?

**S.** specific **M.** measurable **A.** achievable **R.** relevant **T.** time bound



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