B	I	N	G	O
Specific	Accountability	Driven	Resources	Measurable
Barriers	Short-term	Progress	Achievable	Relevant
Self-advocacy	Support system	**FREE**	Achieve	Hard work
Journey	SMART	Long-term	Habits	Positive
Focus	Action steps	Reflect	Timely	Challenges

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B	I	N	G	O
Support system	Achievable	Resources	Barriers	Progress
Driven	Timely	Measurable	Action steps	Relevant
Journey	Achieve	**FREE**	Hard work	Accountability
Habits	Reflect	Specific	Challenges	SMART
Long-term	Positive	Self-advocacy	Short-term	Focus

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B	I	N	G	O
Action steps	Reflect	Achievable	Positive	Achieve
Specific	Journey	Long-term	Short-term	Measurable
Self-advocacy	Challenges	**FREE**	SMART	Habits
Support system	Relevant	Resources	Timely	Driven
Hard work	Accountability	Progress	Barriers	Focus

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