

B	I	N	G	O
one feature of a SMART goal	financial goal	goal for next year	goal to improve mental well-being	goal for this month
goal for hygiene	obstacle to achieving goals	goal for travel	goal for exercise	goal to improve communication
goal to improve sleep	reason to set goals	FREE	goal for family	goal for self-care
goal for self-esteem	goal to improve physical health	goal for socializing	goal for relaxation	goal for this weekend
goal for nutrition	goal for friends	goal to change behavior	way to stay motivated	goal for leisure

B	I	N	G	O
reason to set goals	goal for exercise	goal to improve mental well-being	goal for hygiene	goal for travel
goal for next year	way to stay motivated	goal for this month	goal for friends	goal to improve communication
goal for self-esteem	goal for family	FREE	goal for self-care	financial goal
goal for relaxation	goal to change behavior	one feature of a SMART goal	goal for leisure	goal to improve physical health
goal for socializing	goal for this weekend	goal to improve sleep	obstacle to achieving goals	goal for nutrition

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goal for friends	goal to change behavior	goal for exercise	goal for this weekend	goal for family
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