B	I	N	G	O
v	goal has a set time	how will i keep myslef accountable?	v	v
goal is something I really want to work on	v	v	goal is achievable	v
v	what might be something that could prevent me from accomplishing the goal?	**FREE**	goal is measurable	v
v	v	v	v	v
v	goal is relatable	v	what will I do to accomplish this goal?	goal is specific

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B	I	N	G	O
what might be something that could prevent me from accomplishing the goal?	goal is achievable	v	goal is something I really want to work on	v
how will i keep myslef accountable?	what will I do to accomplish this goal?	v	goal is relatable	v
v	goal is measurable	**FREE**	v	goal has a set time
v	v	v	goal is specific	v
v	v	v	v	v

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B	I	N	G	O
goal is relatable	v	goal is achievable	v	goal is measurable
v	v	v	v	v
v	goal is specific	**FREE**	v	v
what might be something that could prevent me from accomplishing the goal?	v	v	what will I do to accomplish this goal?	how will i keep myslef accountable?
v	goal has a set time	v	goal is something I really want to work on	v

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