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[25 Life Goals by Age 25 | Goals for Your Early 20s - Authentically Del](#) : 25-life-goals-by-age-25

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[How To Set Goals Using The SMART Formula | Get More Done](#) : goal-setting-with-the-smart-formula

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So use a handy acronym known as the SMART formula to clarify your goals. There are different variations on this formula. I have looked at them all and made a subtle change to the acronym that I think works better. The acronym of the SMART formula stands for Specific, Measurable, Appropriate, Realistic and Timely.

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