

<p>Specific</p> <p>S</p> <p>G</p> <p>What do you want to do?</p>	<p>Measurable</p> <p>M</p> <p>O</p> <p>How will you know when you've reached it?</p>	<p>Achievable</p> <p>A</p> <p>A</p> <p>Is it in your power to accomplish it?</p>	<p>Realistic</p> <p>R</p> <p>L</p> <p>Can you realistically achieve it?</p>	<p>Timely</p> <p>T</p> <p>S</p> <p>When exactly do you want to accomplish it?</p>
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Specific	
Measurable	
Achievable	
Realistic	
Timely	



You Are Enough – Awaken Your New Self Image

March 17, 2018
Kingfisher Resort & Spa

You Are Enough – Awaken Your New Self Image You are enough. And yet there are times when we act like we are not. We say we are, but our actions speak louder than those thoughts. You have the pow...

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