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Goals

3-5 items or SMART goals

SMART = specific , measurable, actionable, realistic, time-bound

E.g. Goal 1

S = Increase my knowledge base by reading more books

M = Read at least 1 book a month

A = write each week in my Commonplace Book

R = engage in conversations about books with others and reflect on what I'm reading

T = To have read and recorded reflections on 12 books for the year

Books: Reading Reflectively

Book title, author, publisher, publication date/ edition		
Page No	Quote	Reflections/ Notes
Summary/ review		

Everyday Reflections

Revisit events of the day/ week/ month—Dated

Ask 3 Stoic questions

- 1.What did I do right?
- 2.What did I do wrong?
- 3.What duty is left undone?

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