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Sommario/riassunto	This guidebook is about changing the way you think about setting goals. It is about identifying goals that are important and meaningful. Creating those kinds of goals means taking stock of your values-what you believe and how you act to carry out those beliefs-in five key areas of your life: career, self, family, community, and spirit. Once you've identified what's really important you can create goals that will help you improve and carry out those values through your actions. The goals you create will be SMART: specific, measurable, attainable, realistic, and timed. Setting meaningful goals w