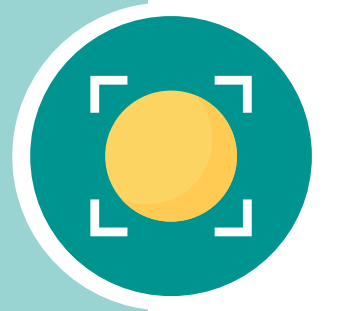


SETTING SMART GOALS

S

PECIFIC

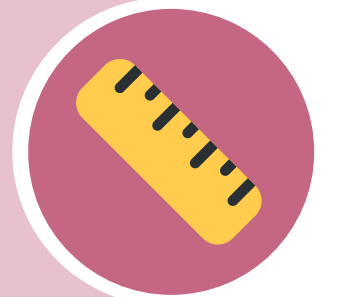
Make your goals specific and focused, with tangible outcomes.



M

EASUREABLE

Determine a clear way to measure your progress and success.



A

CHIEVABLE

Set goals that are challenging, but realistic to achieve.



R

ELEVANT

The best goals are relevant, important, and aligned with your values.



T

IME-BOUND

Set a timeline for achieving your goal, with checkpoints along the way.

