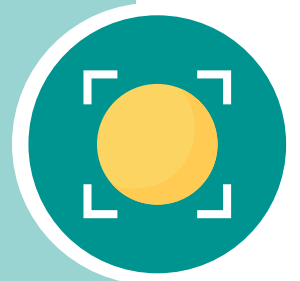


SMART

GOALS

SPECIFIC

Plan effectively with specific targets in mind.



MEASUREMENTABLE

Track your progress and reevaluate along the way.



ATTAINABLE

Set realistic goals that are challenging but achievable.



RELEVANT

Ensure the goal serves a relevant purpose.



TIME

Specify a deadline, monitor progress and reevaluate.

