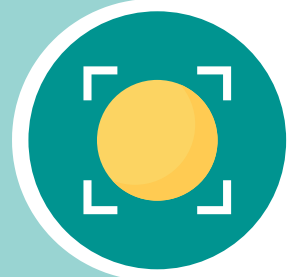


# SMART

## GOALS

**S**PECIFIC

Plan effectively with specific targets in mind.



**M**EASUREMENTABLE

Track your progress and reevaluate along the way.



**A**TTAINABLE

Set realistic goals that are challenging but achievable.



**R**ELEVANT

Ensure the goal serves a relevant purpose.



**T**IME

Specify a deadline, monitor progress and reevaluate.

