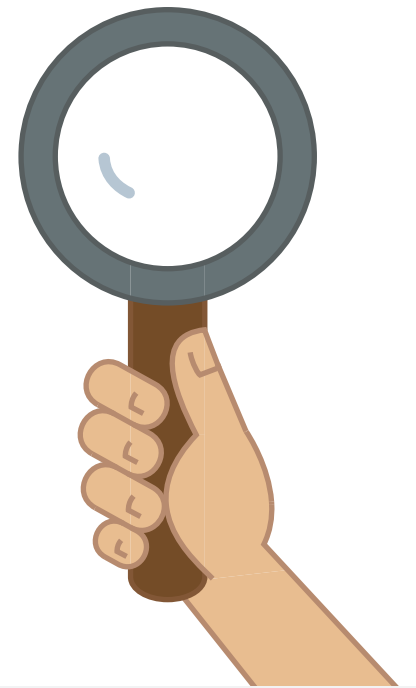


SMART Goal Setting

Building a Plan to Achieve Your Goals

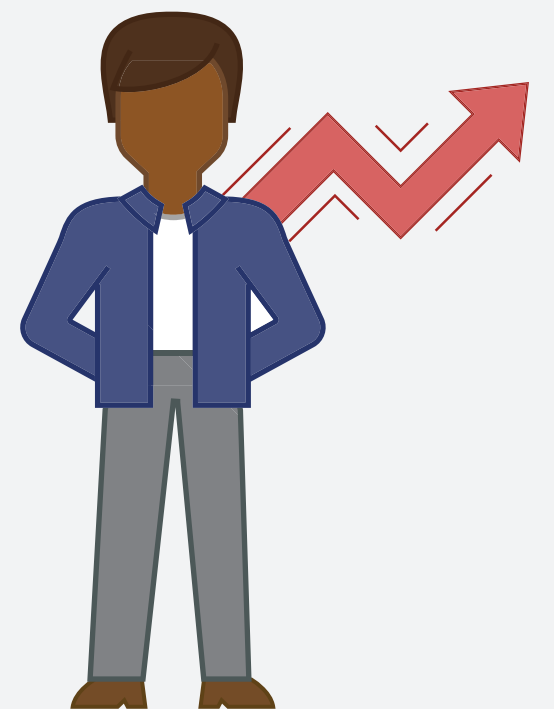
Specific

Focus your efforts - clear and concise goals are easier to achieve.



Measurable

Create goals that are both measurable and easy-to-track.



Attainable

Your goals should push you to work harder, but still be practical.



Relevant

What do you care about? Pick goals that are important to you.



Timely

Create a timeline - deadlines help you stick to longer-term goals.

