

MAKE YOUR GOALS SMART

# SMART YOUR GOALS.

## **SPECIFIC**

What do you want to do?

## **MEASURABLE**

How will you know when you've reached it?

## **ACHIEVABLE**

Is it in your power to accomplish it?

## **REALISTIC**

Can you realistically achieve it?

## **TIMELY**

When exactly do you want to accomplish it?

Is easy

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