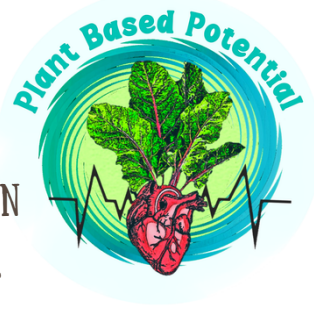


S.M.A.R.T. GOALS



CREATE YOUR OWN SMART GOALS, HAVE AN OVERALL GOAL AND THEN BREAK IT DOWN INTO SEGMENTS, WHAT CAN YOU DO ON A DAILY LEVEL OR WEEKLY LEVEL TO ACHIEVE YOUR HIGHER GOAL? IN WHAT TIMEFRAME DO YOU WANT TO SEE THOSE RESULTS MANIFEST?

S

SPECIFIC

BE CLEAR ON WHAT YOU WANT. WHAT DO YOU WANT TO ACCOMPLISH? WHAT IS YOUR DRIVING FORCE?

M

MEASURABLE

WHAT NUMBER ARE YOU TRYING TO ATTAIN? THIS GOAL NEEDS SOMETHING THAT YOU CAN GRASP AND TO BE ABLE TO LOOK BACK ON REFLECT ON.

A

ACHIEVABLE

THIS GOAL IS REALISTIC AND ACHIEVABLE FOR YOU. TO REACH YOUR HIGHER GOAL YOU WILL NEED TO INCORPORATE SMALLER DAILY OR WEEKLY GOALS.

R

RELEVANT

THE SMALLER GOALS AND CHOICES YOU MAKE SHOULD BE HELPING YOU GET CLOSER TO ACHIEVING YOUR MAIN OVERALL GOAL.

T

TIMELY

WHEN CAN YOU REALISTICALLY ACCOMPLISH THE OVERALL GOAL? WHAT SMALLER GOALS DO YOU WANT TO SEE BY WHAT TIMEFRAME?