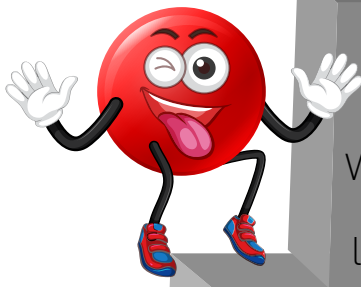


SMART Goals


My Goal

Step 5
Time-Based
When will this goal be met?

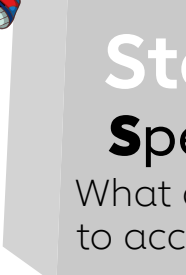


Step 4
Relevant
Will this goal help me reach my long-term goals?

Step 3
Attainable
How can this goal be met?



Step 2
Measurable
How will I know when I reach my goal?



Step 1
Specific
What do I want to accomplish?
