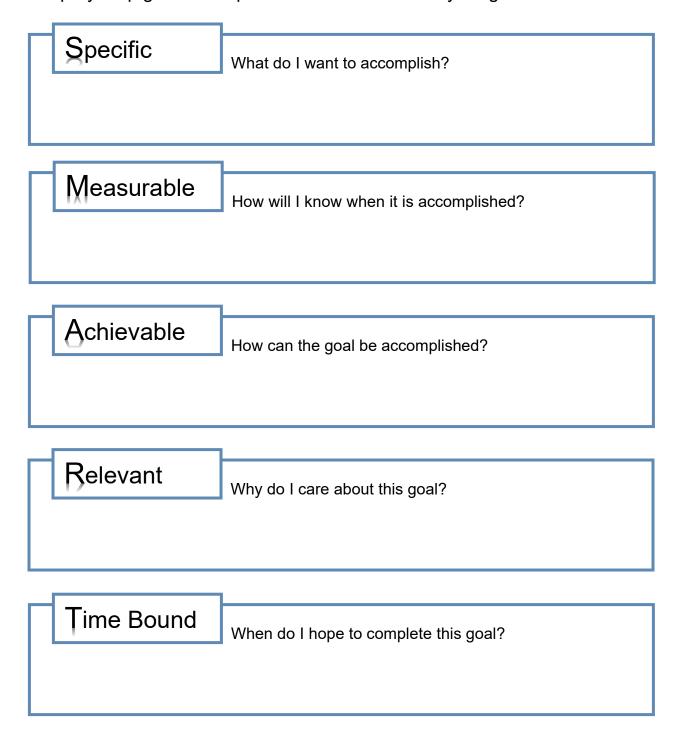
SMART Goals

When setting goals, make sure it follows the SMART structure. Use the step-by-step guide and questions below to create your goals.





SMART Goals: Step-by-step guide

Be Specific

- 1. What exactly do you want to achieve?
- 2. Who is involved?
- 3. Where will it happen?
- 4. Why do you want to achieve this goal?

Make It Measurable

- How will you know when you've achieved your goal?
- 2. What milestones can you track along the way?

Ensure It's Achievable

- 1. Is your goal realistic?
- 2. Do you have the resources and skill needed?

Make It Relevant

- 1. Why is this goal important to you?
- 2. Does it align with your other goals and values?

Set A Time Frame

- 1. When do you want to achieve your goal?
- 2. What can you do today, in a week, and in a month?

