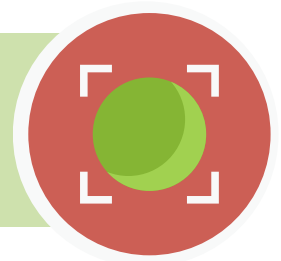


SMART GOALS



SPECIFIC

Be specific and clear to make your goals easier to achieve. This also helps you understand how and where to get started!



MEASURABLE

Measurable goals can be tracked, enabling you to monitor your progress and determine when a goal has been achieved.



ACTIONABLE

Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.



RELEVANT

Set realistic goals to avoid feeling overwhelmed, stressed, or frustrated.



TIME

A date helps us stay focused and motivated, inspiring us and providing something to work towards.

