

S.M.A.R.T. GOAL

SPECIFIC

Your goal should be clear and well-defined. Avoid vague statements.
What exactly do you want to accomplish?

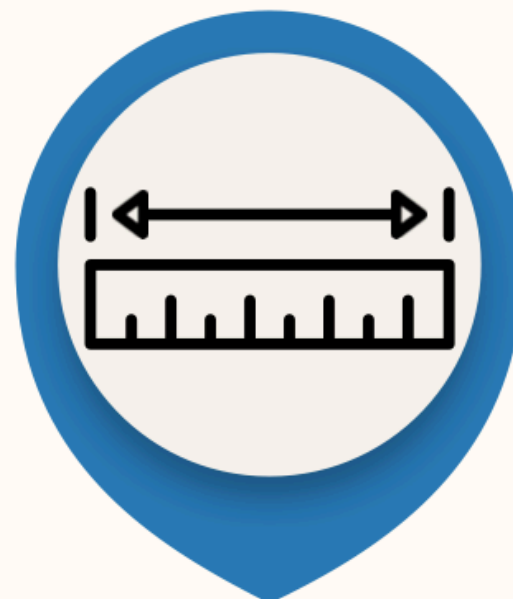
S



MEASURABLE

Your goal should include criteria that allows you to track progress and measure success. Use numbers or specific milestones. Ask yourself: How long, how much, how many?

M



ATTAINABLE

Ensure you have the necessary skills and resources to accomplish your goal. Your goal should be realistic – challenging enough to keep you motivated but not difficult enough to discourage you.

A



RELEVANT

Your goal should align with your overall objectives and values. Ask yourself: Is your goal meaningful and worthwhile to you? How will your goal enhance your life?

R



TIME-BOUND

Your goal should have a deadline to create urgency and keep you motivated and accountable.

T

