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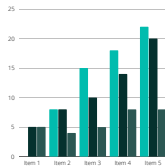
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SPECIFIC

Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started.



MEASURABLE

Define what evidence will prove you're making progress and reevaluate when necessary.



ACTIONABLE

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



REALISTIC

Avoid overwhelming and unnecessary stress by making your goals realistic.



TIME-BASED

Set a realistic, ambitious end-date for task prioritization and motivation.

SMART GOALS EXPLAINED

A GOAL WITHOUT A PLAN IS JUST A WISH