

MAKE YOUR GOALS

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Specific

Make your goal very specific for more effective planning

Measurable

Determine what will prove that you are making progress

Attainable

Pick a goal that is realistic and can be achieved in a set timeframe

Relevant

Your goal should align with your values and long-term objectives

Timely

Set a realistic time frame to stay motivated and focused

What is your goal?

How will you know you are making progress?

What steps will you take to reach your goal?

What are the benefits of reaching your goal?

Choose a deadline for your goal.