## MAKE YOUR GOALS

<table>
<thead>
<tr>
<th>S</th>
<th>M</th>
<th>A</th>
<th>R</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Specific</strong></td>
<td><strong>Measurable</strong></td>
<td><strong>Attainable</strong></td>
<td><strong>Relevant</strong></td>
<td><strong>Timely</strong></td>
</tr>
<tr>
<td>Make your goal very specific for more effective planning</td>
<td>Determine what will prove that you are making progress</td>
<td>Pick a goal that is realistic and can be achieved in a set timeframe</td>
<td>Your goal should align with your values and long-term objectives</td>
<td>Set a realistic timeframe to stay motivated and focused</td>
</tr>
</tbody>
</table>

### 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.


---

**MAKE YOUR GOALS**

- **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 timeframe to stay motivated and focused.