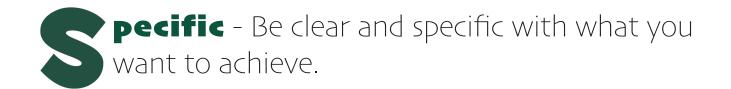


SMART GOALS



easurable - Be able to prove you're making progress along the way.

A ttainable - Be sure your goal is achievable in your set time frame.

Relevant - Be sure your goals align with your values and are important to you.

ime-based - Be sure your goals are set with realistic timelines.

