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S.M.A.R.T GOALS

SPECIFIC 

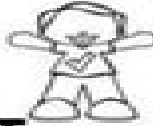
Specific means that your goal is detailed and exact. It can answer the questions who, what, where, when, why, and which.

MEASURABLE 

Measurable means you can track your progress and know exactly when your goal is met. It usually involved numbers.

ATTAINABLE 

Attainable means that your goal is a reasonable one. It is not completely out of reach, or too easy for you.

RELEVANT 

Relevant means that your goal is worthwhile. It is something that is actually important to you right now.

TIMELY 

Timely means that your goal will be accomplished in a set time frame, such as two weeks, three months, or one year.

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