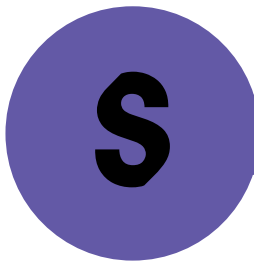


Make your goals...

SMART



Specific

What do you want to achieve?



Measurable

How will you track your progress?



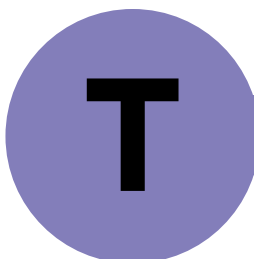
Attainable

How can you reach your goal?



Relevant

Why is this goal important?



Timely

When will the goal be accomplished?