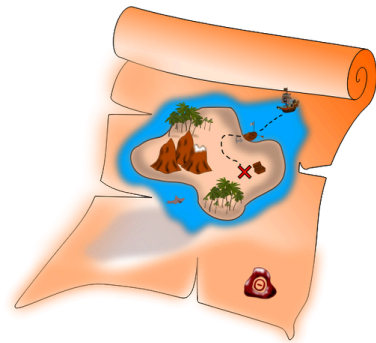


ALL ABOUT GOAL-SETTING: SMART GOALS

Making a SMART goal is like making a special plan to reach something you really want. It's like making a treasure map with clear directions.

First, you say exactly what you want to do, like reading more books or learning to ride a bike.

Then, you figure out how you'll know when you've done it, like counting how many books you've read or practicing riding until you don't need help.



You also think about if it's something you can really do, like not trying to read a hundred books in one day!

And you pick a time by which to do it, so you know when you want to finish. SMART goals help you focus, stay on track, and feel super proud when you reach them!

IS YOUR GOAL SMART?

- S-** SPECIFIC: What exactly do you want to achieve?
- M-** MEASURABLE: How can you make your goal clear and easy to understand?
- A-** ACHIEVABLE: Is your goal realistic? What obstacles might you face and how can you overcome them?
- R-** RELEVANT: Why is your goal important to you?
- T-** TIME-BOUND: How will you know when you've achieved your goal? By when do you want to achieve your goal?