

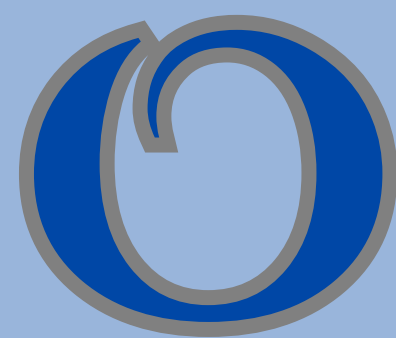
**SPECIFIC**

Plan effectively with specific targets in mind.



**MEASUREABLE**

Track your progress and reevaluate along the way.



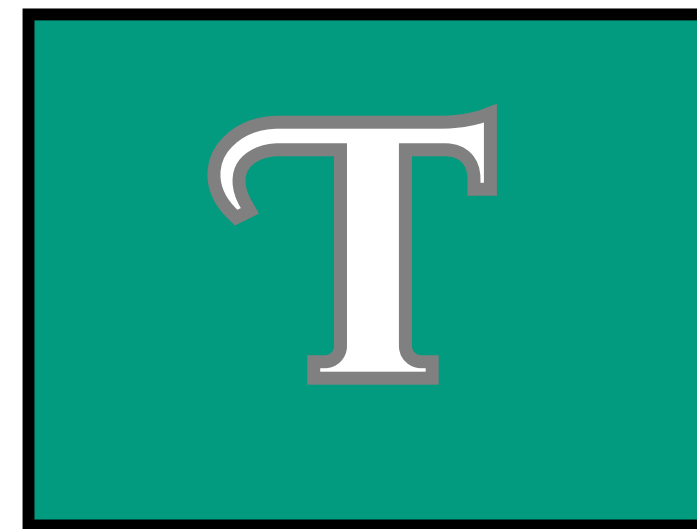
**ATTAINABLE**

Set realistic goals that are challenging but achievable.



**RELEVANT**

Confirm that the goal serves a relevant purpose.



**TIME**

Specify a deadline, monitor progress, and adjust or adapt as needed.

