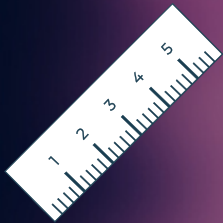


GOAL ACHIEVERS GUIDE TO S.M.A.R.T. GOALS



SPECIFIC

Identifying your specific goal is very important. If your goal is too broad then you may get discouraged because you have left too much wiggle room for open interpretation. Ensure your goal is clear, well-defined, and not open to interpretation.



MEASURABLE

Think in terms of how you would measure your goals progress. If you do not identify how you will determine your progress, how will you know if you are on track to reaching your goals?

ACHIEVABLE

YES! If you believe it, you can achieve it! However, that goal can fall short and bruise your ego if you are not set up for success. Be realistic. Ensure that your goal is feasible in terms of the resources available to you.



REALISTIC

Is your goal within reach, realistically achievable with the available resources and time that you have identified. A SMART goal is realistic if you believe that you can achieve it. Visualize your end goal. If you can see yourself doing, or being what you are dreaming about, then it is possible.

TIMELY

Include a starting date and a target date. The purpose of recognizing the "time" is to set the tone for urgency. A timely goal can motivate you towards completion if everything else lines up.

