

SPECIFIC: WHAT IS MY GOAL?



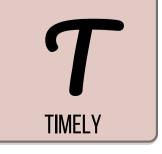
MEASURABLE: HOW DO I KNOW IF I'VE REACHED MY GOAL?



ATTAINABLE: WHAT STEPS OR SKILLS DO I NEED TO ACHIEVE MY GOALS?



RELEVANT: WHY IS THE GOAL A PRIORITY TO ME?



TIMELY: WHAT IS A REALISTIC END-DATE TO ACCOMPLISH MY GOAL?