



**10**  
Minutes

# Setting SMART goals

By creating SMART goals, you can make your aspirations more focused, achievable and rewarding.



## **SPECIFIC (S):**

Be specific about what you want to achieve.

## **MEASURABLE (M):**

Set measurable criteria to track your progress.

## **ACHIEVABLE (A):**

Ensure that your goal is realistic and within reach.

## **RELEVANT (R):**

Make sure your goal aligns with your interests and overall objectives.

## **TIME-BOUND (T):**

Set a specific timeframe for achieving your goal.

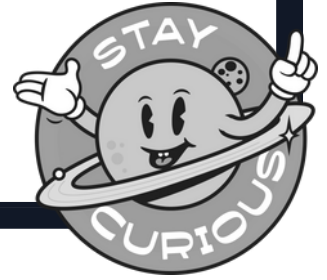




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