

Develop S.M.A.R.T. Goals

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| <p>Ask are my goals Specific? Is it clear what you want to accomplish?</p> | |
| <p>Are my goals Measurable? Have you answered the questions of how much, how often, how many? Are there milestones along the way to determine your progress toward achieving your goals?</p> | |
| <p>Are my goals Attainable? Can you truly achieve your goals? Are you being overly ambitious?</p> | |
| <p>Are my goals Relevant? Are your goals consistent with your personal vision and mission?</p> | |
| <p>Are my goals Time-based? Put a timeframe on your goals. You will achieve X by when.</p> | |