SMART Goals

Ċ	S	Specific: The goal must be very specific and grounded in something that's significant to you.
<u>0000</u>	Μ	Measurable: The goal must have some sort of measurement (days, pounds, miles, etc.).
<u></u>	A	Achievable: The goal must be realistic and reasonable.
	R	Relevant: The goal must relate to what you're hoping to accomplish.
	Τ	Time-bound: The goal must have a timeframe and that timeframe must be reasonable.



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