Setting SMART Goals



5
SPECIFIC

	What is my goal?
S PECIFIC	
	How will I measure my progress?
M	
ASURABLE	What steps will I take to reach my goal?
A	
AINABLE	How will meeting this goal help me?
R	
LEVANT	I lavoria a constitui de balca da canta de la constitui de la
	How long will it take to achieve my goal?



TIMELY

