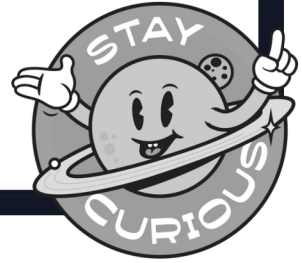


Setting SMART goals

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

10
Minutes



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.

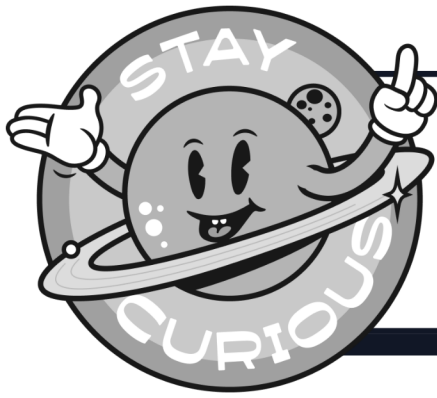
RELEVANT (R):

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

TIME-BOUND (T):

Set a specific timeframe for achieving your goal.





Goal action plan

GOAL

Shade goal percentage here

%

What are your goals?

ACTION STEPS

Write your action steps below:

POSSIBLE OBSTACLES

Write the possible obstacles below:

HOW TO OVERCOME OBSTACLES

Write the how you will overcome the obstacles below:

