



1. SET GOALS THAT MOTIVATE YOU
2. SET **S.M.A.R.T.** GOALS
3. SET POSITIVE GOALS IN WRITING
4. MAKE AN ACTION PLAN
5. STAY COMMITTED

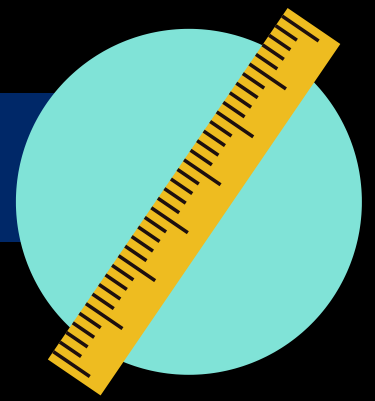


## SPECIFIC

SPECIFIC GOALS ARE MORE ATTAINABLE

## MEASURABLE

MEASURE YOUR PROGRESS TO STAY ON TRACK



## ACHIEVABLE

IDENTIFY OPPORTUNITIES TO SUCCEED

## RELEVANT

SET GOALS THAT YOU'RE WILLING AND ABLE TO WORK TOWARDS



## TIMELY

SET A TIMELINE AND STICK TO IT