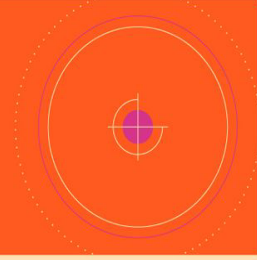


S

Specific

Make your goals specific and narrow for more effective planning.



M

Measureable

Define what evidence will prove you're making progress and reevaluate when necessary.



A

Attainable

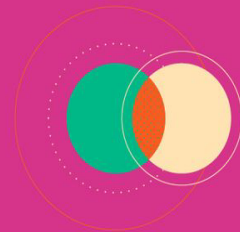
Make sure you can reasonably accomplish your goal within a certain timeframe.



R

Relevant

Your goals should align with your values and long-term objectives.



T

Time-based

Set a realistic, ambitious end-date for task prioritization and motivation.

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career guide