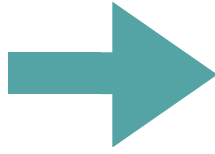


Change is Necessary for Growth

Set S.M.A.R.T. Goals

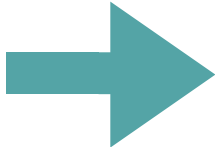
Specific

Break down the goal to one simple area of change. (who, what, when, where, and/or how)



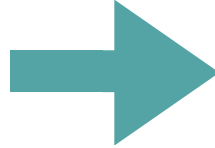
Measurable

Make sure you have the ability to show or test that change has taken place.



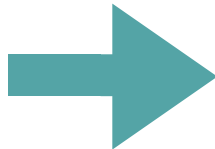
Achievable

The goal will challenge you but still needs to be capable of attaining.



Relevant

Ensure the specific goal is going to help you in your overall growth process.



Timely

set the goal for enough time so that change and growth can take place but not too much time that motivation becomes stagnant.

