



SMART

GOAL-SETTING GUIDE

S
SPECIFIC

CLEAR AND DEFINED GOALS

ASK: What do I want to accomplish?

M
MEASURABLE

MEASURABLE WAYS THAT YOU CAN TRACK YOUR PROGRESS TOWARDS YOUR GOAL

ASK: How will I know when I've met my goal?

A
ATTAINABLE

A GOAL SHOULD STRETCH YOU, BUT BE REALISTIC ENOUGH THAT YOU CAN CREATE AN ACTION PLAN FOR ACHIEVEMENT

ASK: What actions will I put into place to help me in achieving my goal?

R
RELEVANT

GOALS SHOULD BE RELEVANT TO OUR LONG TERM GOALS AND PLAY INTO THE BIGGER PICTURE OF OUR LIVES

ASK: Why is this goal important to me and how does it relate to my life and other long term goals?

T
TIMEBOUND

A SPECIFIC DATE A GOAL SHOULD BE ACHIEVED BY

ASK: When do I want to achieve my goal?

Goal Setting Guide

JG Myers



Goal Setting Guide:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Goal Setting Guide**

In some sort of inundated with displays and the cacophony of quick transmission, the profound energy and mental resonance of verbal art often disappear in to obscurity, eclipsed by the continuous barrage of noise and distractions. However, set within the lyrical pages of **Goal Setting Guide**, a charming function of literary brilliance that pulses with fresh emotions, lies an wonderful journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this exciting opus courses readers on a psychological odyssey, lightly revealing the latent potential and profound affect stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is main subjects, dissect their interesting publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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