

## [3] DEFINE YOUR GOALS

GOAL #1



- S**pecific
- M**easurable
- A**ttainable
- R**elevant
- T**ime-Bound

GOAL #2



- S**pecific
- M**easurable
- A**ttainable
- R**elevant
- T**ime-Bound

GOAL #3



- S**pecific
- M**easurable
- A**ttainable
- R**elevant
- T**ime-Bound

(GOAL #4)



- S**pecific
- M**easurable
- A**ttainable
- R**elevant
- T**ime-Bound