"SMART" Goals

<u>Goal Definition</u>: Webster's defines a goal as, "...an object or end that one strives to attain; an aim."

BS=something you want

You want it, but how do you get it?

<u>S</u> (Specific & small)

<u>M</u> (Measurable)

<u>A</u> (Action based!)

<u>R</u> (Realistic)

<u>T</u> (Time line)