

ONE DAY AT A TIME

ACHIEVING SUCCESS

SETTING S.M.A.R.T. GOALS

S.M.A.R.T. STANDS FOR SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC, AND TIME-BOUND.

DID YOU DECIDE 2 MAKE A NEW YEAR'S RESOLUTION THIS YEAR? A RESOLUTION IS SIMPLY A FANCY TITLE FOR A GOAL YOU WANT TO ACHIEVE. AND YOU ARE MORE LIKELY TO ACCOMPLISH YOUR GOAL I F YOU MAKE IT A S.M.A.R.T. ONE.

MAKE SURE YOUR GOAL IS **S P E C I F I C** BY SPELLING OUT EXACTLY WHAT YOU WANT TO ACCOMPLISH.

NEXT, ENSURE YOUR GOAL IS **M E A S U R A B L E**, SO THAT AT THE END OF A WEEK, YOU WILL BE ABLE TO COMPARE EXACTLY WHAT YOU DID TO THE MEASURE YOU SET.

WHEN YOU SET GOALS THAT ARE **A C H I E V A B L E & R E A L I S T I C**, YOU SET YOURSELF UP FOR SUCCESS.

LASTLY, SET GOALS THAT ARE **T I M E - B O U N D** SO YOU WILL **S T A Y M O T I V A T E D** AND **A V O I D P R O C R A S T I N A T I O N**, POSTPONING YOUR

S U C C E S S , O K A Y ? ?

Jack