



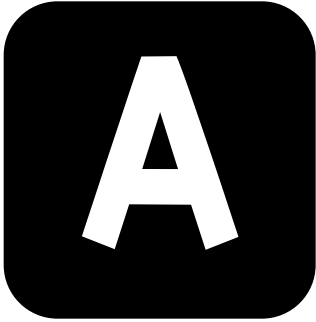
SPECIFIC

What exactly do you want to accomplish?



MEASUREABLE

How do you know when you have reached this goal? What will you be able to do?



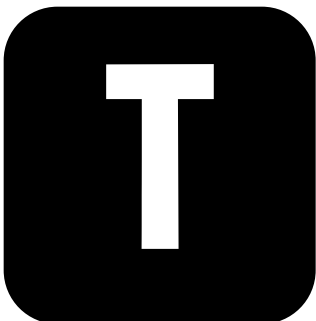
ATTAINABLE

How can the goal be accomplished?



RELEVANT

Is this goal worth working hard to accomplish?
Explain.



TIME BASED

By when will this goal be accomplished?