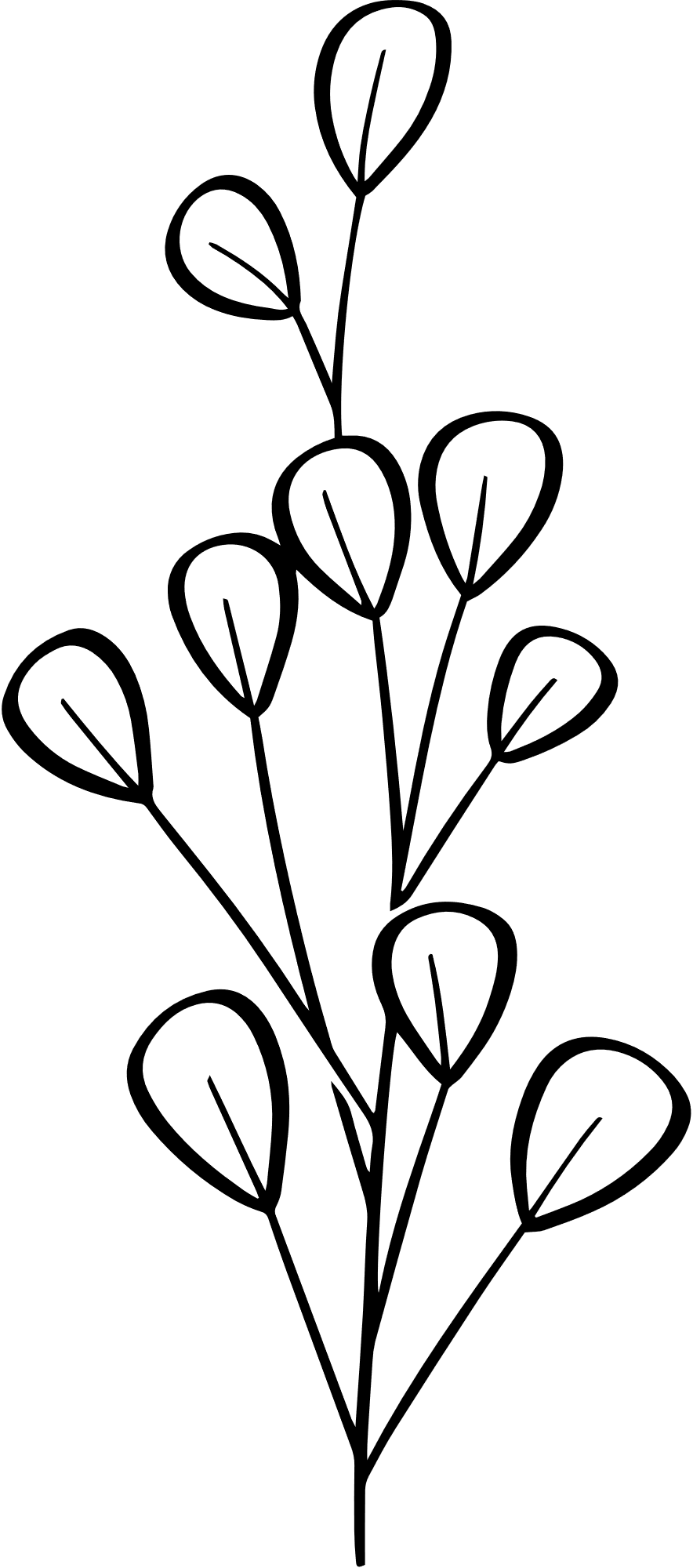
MEASURABLE

*How will I know when it is accomplished?*



NAME

SPECIFIC

*What do I want to accomplish?*

ACHIEVABLE

*How can the goal be accomplished?*

RELEVANT

*Does this seem worthwhile?*

TIME BOUND

*When can I accomplish this goal?*

WEEKLY SMART GOALS