



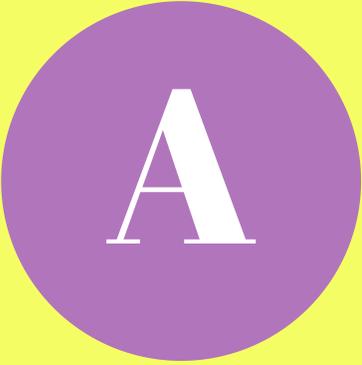
**S**

**Specifically state what outcome you need to see in order to feel your goal is accomplished.**



**M**

**How are you going to measure your success?**



**A**

**Are these goals realistic given any time or physical constraints?**



**R**

**How will achieving these goals make your life better?**



**T**

**Tie your goals to a specific time frame. When will your goals be reevaluated and measured?**