

IS YOUR DAILY GOAL **S. M. A. R. T.** ?

S	SPECIFIC: State exactly what you want to accomplish
M	MEASUREABLE: State how will you show your goal is met.
A	ACHIEVABLE: Make sure you're goal is challenging but realistic.
R	RELEVANT: Make sure your goal connects to your current learning opportunity and targets.
T	TIMED: State when you want to accomplish your goal.