\\\\\ SMART	\\\\\ Goals
S pecific	Know exactly what you are wanting to accomplish.
easurable	How will you know you met your goal?
A chievable	Make sure your goal is not too far to reach, but far enough to be challenging.
Relevant	Link the goal to something important to you; something that inspires you.
Timely	When do you want your goal to be met?
$\Delta\Delta\Delta$	$\Delta \Delta \Delta \Delta$