

Be S.M.A.R.T. with your Goals

The Divatude Challenge

Often we confuse goals with plans. We can plan to make a million dollars but we need to have specific action items in place to reach that landmark.

Specifically state your intentions

Measuring your success is possible

Attaining your goal is within your control

Realistically your goal is do-able

Time-wise you can set a completion date

In one sentence, state your goal:

How will achieving this goal benefit you? Why is it important?

How will you know you've completed your goal?

When will you complete it?