

# FIND A SOLUTION | SET A GOAL

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What does success look like? What one thing could happen that would solve most of your other problems?

Why is this so important?

## **SPECIFIC**

What exactly do you want to accomplish?

## **MEASUREABLE**

How will you know you accomplished it?

## **ACHIEVEABLE**

Is it possible to accomplish this goal with effort and commitment?

## **RELEVANT**

How will this specific goal help you?

## **TIMED**

What do you have to do each day to accomplish this goal in the time allotted?