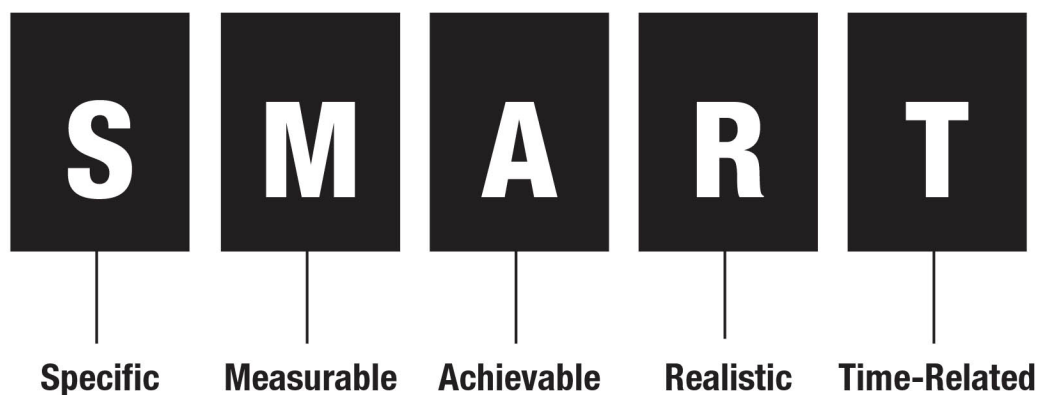


SMART Goals

FIGURE 3.1



Look Before You Leap The more time and thought you invest in formulating your goals, the more likely you'll be to achieve them. *Why do you think that many experts advise putting goals down in writing?*