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SPECIFIC

DIRECT, DETAILED, AND MEANINGFUL

MEASURABLE

QUANTIFIABLE TO TRACK PROGRESS

ACTIONABLE

DESCRIBES WHAT YOU ARE GOING TO DO

REALISTIC

IT MUST ACTUALLY BE ATTAINABLE

TIME-BOUND

MAKE A DEADLINE



NOW IT'S YOUR TURN!

ACTIONABLE

SPECIFIC

MEASUREABLE

TIME BOUND

INSERT YOUR WHY, YOUR "SO THAT" STATEMENT.

READ YOUR STATEMENT, IS IT REALISTIC?



NOW IT'S YOUR TURN!



WHAT IS YOUR ACTION PLAN?

ADD 3-5 ITEMS YOU CAN DO TO START TAKING ACTION NOW.

A large, empty rectangular box with a thick yellow border, intended for writing an action plan.