

# SELF-IMPROVEMENT GOALS

## HOW TO

Use the SMART framework to set quality goals:

- **Specific** - don't be vague.
- **Measurable** - define success.
- **Attainable** - not too hard, not too easy.
- **Relevant** - ensure they suit your values and long-term interests.
- **Time-bound** - set a deadline.

## EXAMPLES

**Mindfulness** - Practice mindfulness meditation for 15 minutes daily for a month, using guided instructions from a mindfulness app.

**Save Up** - Save \$200 from the monthly income every month for the next 1 year to amass a rainy day fund.

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Explained For

**Scott C. Dulebohn**



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IoT and Data Science in Engineering Management Fausto Pedro García Márquez,Isaac Segovia Ramírez,Pedro José Bernalte Sánchez,Alba Muñoz del Río,2023-03-24 This book presents the selected research works from the 16th International Conference on Industrial Engineering and Industrial Management in 2022 The conference was promoted by ADINGOR Asociaci n para el Desarrollo de la Ingenier a de Organizaci n organized by Ingenium Research Group at Universidad de Castilla La Mancha Spain and it took place on July 7th and 8th 2022 in Toledo Spain The book highlights some of the latest research advances and cutting edge analyses of real world case studies on Industrial Engineering and Industrial Management from a wide range of international contexts It also identifies business applications and the latest findings and innovations in Operations Management and in Decision Sciences

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