

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.

Improvement Examples For Startups 14 1813 Self Improvement Explained

Victor M. Corman



Improvement Examples For Startups 14 1813 Self Improvement Explained:

Eventually, you will very discover a other experience and finishing by spending more cash. yet when? accomplish you receive that you require to acquire those all needs later than having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more on the globe, experience, some places, taking into consideration history, amusement, and a lot more?

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