

# 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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