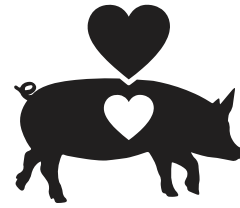


SMART Goals

Achieving happiness begins with setting goals that are **SPECIFIC** and narrow, allowing for more effective planning. It's essential to make sure your goals are **MEASURABLE**, so you can track your progress along the way. Remember to set goals that are **ACHIEVABLE** within a certain time-frame - being practical is key. Additionally, your goals should align with your values and long-term objectives, ensuring that they remain **RELEVANT** to your overall vision. Lastly, don't forget goals should be **TIME-BOUND**. Set a realistic but ambitious end date for your goals, as this will help you prioritize tasks and increase motivation.



**WHAT'S YOUR
BACON?**
MASTER HAPPINESS

Inspired by George Doran, Arthur Miller, and James Cunningham.

Here is my **DREAM** that is now a **GOAL** and soon to be a **REALITY!**

How is it **SPECIFIC?**

Be clear and precise.

How I'll **MEASURE** progress?

Make it quantifiable.

How is it **ACHIEVABLE?**

Be sure that it is attainable.

How is it **RELEVANT?**

Aligned with your values & objectives

When is my **DEADLINE?** When it be a **REALITY?**

Set a firm yet challenging deadline to boost motivation.

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