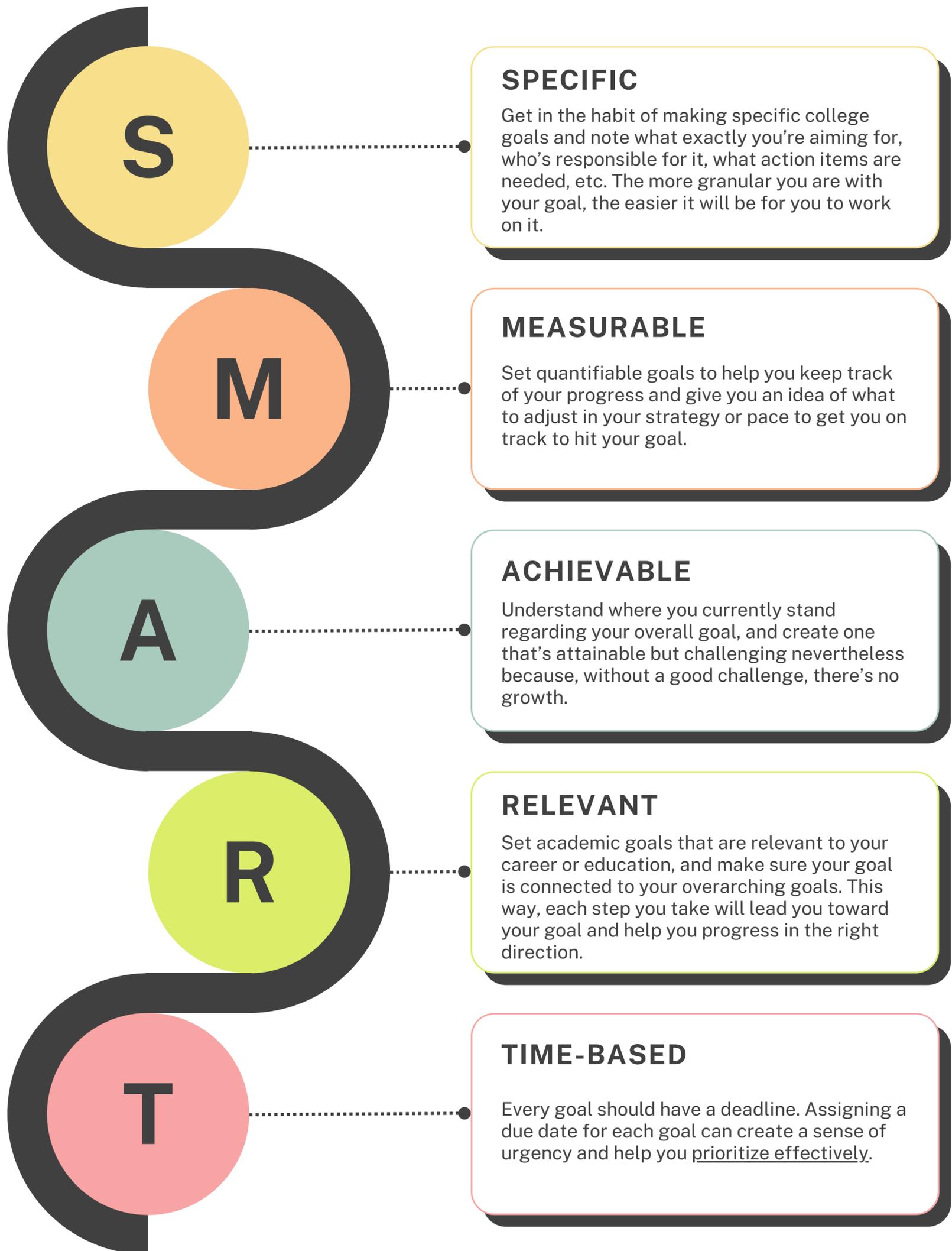


SETTING S.M.A.R.T. GOALS



EXAMPLE TO REACH YOUR GOAL OF WRITING A WELL-RESEARCHED PAPER AND COMPLETING IT ON TIME:

I will complete **one** section **each week** for **12 weeks**, then dedicate **week 13 and 14** to **editing** my paper to complete my paper by **week 15** (or insert due date).