Setting SMART goals



Specific

The goal is concrete and tangible - everyone knows what it looks like.



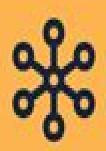
Measurable

The goal has an objective measure of success that everyone can understand.



Attainable

The goal is challenging, but should be achievable with the resources available.



Relevant

The goal meaningfully contributes to larger objectives like the overall mission.



Timely

This goal has a deadline or, better yet, a timeline of progress milestones.

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the activity of stool and urine is fine and all the activities of the body are equal and appropriate and the person whose mind

senses and soul are happy is healthy