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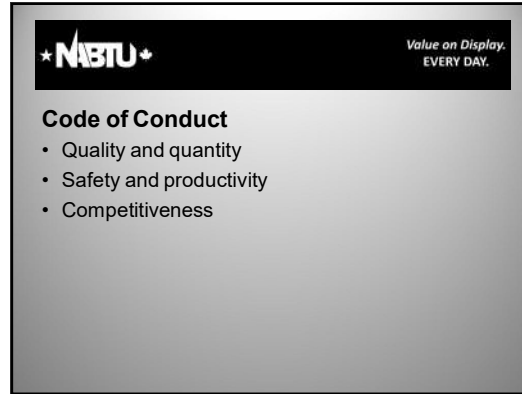
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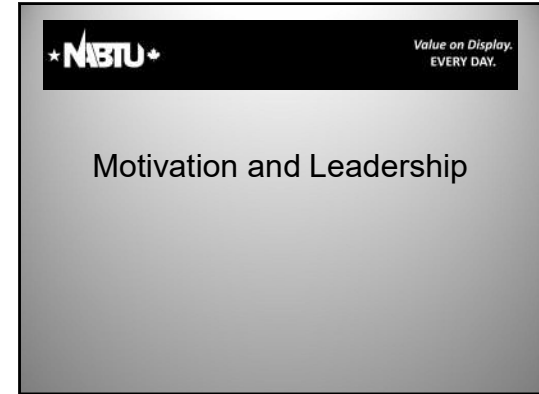
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**\*NABTU\*** *Value on Display. EVERY DAY.*

**Benefits of Setting Goals**

- Self esteem
- Priorities
- Responsibility
- Realistic self-awareness
- Useful experience
- Decision making

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**Why people do not set goals**

- Predictability
- Conditioning
- Wishful thinking
- Restlessness

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**Setting specific goals**

- Increases chances of success
- Increases accomplishments
- Improves performance

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**SMART goals are specific**

- Identify the skill you want to develop
- Learn as much as you can
- Watch mentors
- Seek feedback
- Teach others

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**SMART goals are measurable**

- Identify benchmarks
- Stop and evaluate
- Reassess and adjust

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**SMART goals are attainable**

- Be realistic
- Start small
- Aim for excellence, not perfection

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**SMART goals are rewarding**

- Fit with our beliefs
- Fulfilling
- Temporary frustration

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**SMART goals are timely**

- Be reasonable
- Be flexible

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**SMART goals are...**

- Specific
- Measurable
- Attainable
- Rewarding
- Timely

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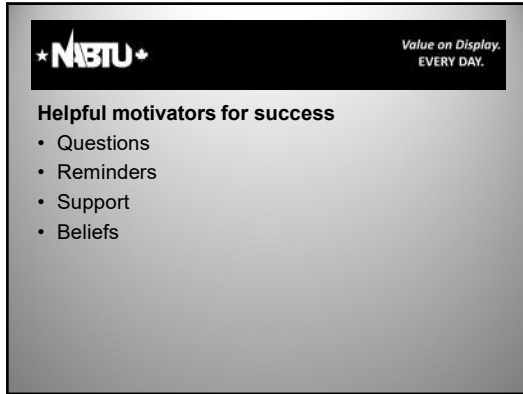
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EVERY DAY.

**Helpful motivators for success**

- Questions
- Reminders
- Support
- Beliefs

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