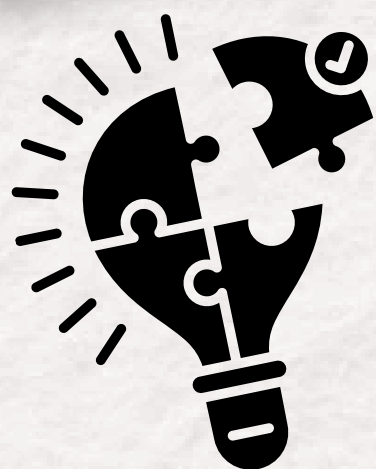
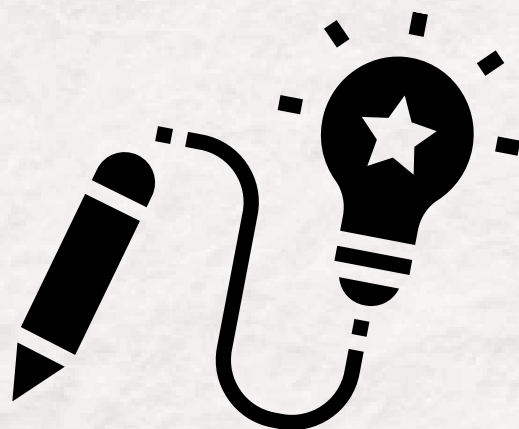


## 4 STEPS IN GOAL SETTING

**01**

### DEFINE YOUR GOAL

Define clearly what you want to achieve, using the principle of SMART (Specific, Measurable, Achievable, Relevant, Time-bound).



**02**

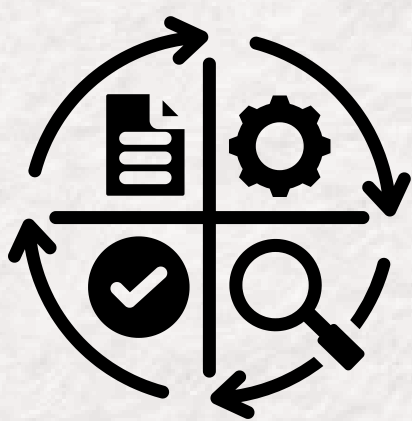
### CREATE AN ACTION PLAN

Divide the goal into smaller tasks, set priorities and deadlines.

**03**

### ACT AND TRACK PROGRESS

Implement the plan step by step, monitoring progress regularly.



**04**

### EVALUATE AND ADAPT

Evaluate results, draw conclusions and adjust plans for the future.

**THESE STEPS WILL HELP YOU TO SUCCESSFULLY ACHIEVE YOUR GOALS**