

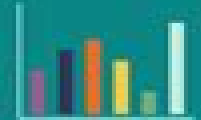
S

Specific:
What is my goal?



M

Measurable:
How will you track your progress?



A

Achievable:
Is your goal realistic?



R

Relevant:
Does the goal align with your overall plan?



T

Time Bound:
Give your goal a deadline



Measurable Objectives Cbt

Asian Development Bank Institute



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