

Measurable:

Ensure that your goal is something that can be measured -- not necessarily quantitative (ex. I

2. Clarity

Clearly define your goal to understand what you hope to accomplish. This can be done through brainstorming and organizational techniques like SMART goals.

3. Challenge

Dembo, Myron H. (2000). Motivation and Learning Strategies for College Success: A Self-management Approach, pp. 101 – 102.

<https://positivepsychology.com/goal-setting>

<https://jamesclear.com/ivy-lee>

<https://jamesclear.com/eisenhower-box>