

# MONEY MOMENTS

## Goal setting.

Goals that we can describe and visualize work best.

A goal is something that we want to achieve but don't currently have the ability to do so. Using S.M.A.R.T. goals can help us to achieve our goals.

S.M.A.R.T. goals are specific, measurable, achievable, realistic, and time-bound.

- Do you have any goal ideas?
- Draw or write your goals on the paper.

Now, let's make the goal S.M.A.R.T.

