

Fuel Your Fire

Here's Your Guide to Setting Intentional SMART Goals

Embark on a journey of personal and professional growth in 2024 with Burnalong's exclusive guide to setting SMART goals! Utilize this valuable resource for you and your colleagues to craft meaningful intentions for the year ahead.

S.M.A.R.T.

Specific: Clearly define your objective.

Measurable: Establish criteria to track progress.

Achievable: Set realistic and attainable targets.

Relevant: Ensure goals align with your aspirations.

Time-bound: Set deadlines to stay focused.



I will eat a serving of vegetables with each meal every day for 4 weeks.



I will complete one LinkedIn Learning course relevant to my job each month for one year.