















## How to create a *Peso Smart* Plan



1. Write down your Peso Smart goal:

- 2. Check if it's a SMART goal.
  - □ Is it Specific?
  - □ Is it **Measurable?**
  - □ Is it Attainable?
  - □ Is it **Relevant?**
  - □ Is it **Time-Bound?**
- 3. Consider Pros and Cons.
- 4. Define small steps by asking the Three W's.
  - "Who can help?"
  - "What do I need to do?"
  - "When?"
- 5. Monitor your progress.

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