

Goal Setting

Part 1. Write Down 4 Goals:

- 1.
- 2.
- 3.
- 4.

SMART Goals

Specific

Measurable

Action-Oriented

Relevant

Time-Oriented

Pick one goal from above:

Part 2. Break it into smaller steps – remember these are measurable and attainable.

Step	Time Needed	Deadline

Part 3. What are your resources in achieving this goal?

What obstacles might get in the way?

What will you do to overcome these obstacles?

Part 4. How will you know you have achieved this goal? What will it look like and what will it feel like?
