

Set Your Goals!

- MAKE YOUR THOUGHTS REAL AND YOUR IDEAS CONCRETE BY WRITING DOWN ALL THE ASPECTS OF YOUR GOALS!
- USE POSITIVE LANGUAGE FOR A POSITIVE OUTCOME – REMEMBER FOCUS ON WHAT YOU’RE MOVING TOWARDS, NOT WHAT YOU WANT TO LEAVE BEHIND.

What do you want to accomplish?

HOW IS YOUR GOAL SPECIFIC?

HOW CAN YOU MEASURE YOUR GOAL?

HOW IS YOUR GOAL ATTAINABLE?

WHAT MAKES YOUR GOAL REALISTIC?

WHAT IS THE TIMELINE OF YOUR GOAL?