

JOIN US FOR
GOAL GETTING
JANUARY
2023

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#FOREVERYJOURNEY

P

Positive
terms

WHAT DO I WANT TO DO?

State your goal in positive terms. Focus on what you want to do, not what you don't.

O

Ownership

AM I IN CONTROL OF REACHING MY GOAL?

Make a goal where the outcome is in the hands of you, not others.

W

What

WHAT EXACTLY AM I TRYING TO ACHIEVE? WHAT WILL I DO TO REACH IT? WHAT RESOURCES DO I NEED?

Get specific here!

E

Evidence

HOW WILL I MEASURE SUCCESS?

Define metrics so you can track success and have evidence that what you are doing is working.

R

Relationship

WILL MY GOAL IMPACT MY RELATIONSHIPS?

Talk to your partner, family, or friends to share what this goal means to you and what support you need.

S

Stretch

IS MY GOAL TOO EASY?

Aim for a goal that is attainable but pushes you to grow. High effort = high reward. Make sure it's worth your time!

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