

YOUR GOALS



WORK: _____

action plan: _____

HOME: _____

action plan: _____

PERSONAL: _____

action plan: _____

_____ :

action plan: _____

GOAL SETTING TIPS

BE SPECIFIC:

Details, details, details! Good goals are clear and well defined.

MEASURABLE:

Make sure your goals are gaugeable. The more vague they are, the less you will envision them!

ACTION PLAN:

Set an action plan that tells you how you are going to accomplish your goal. Challenge brings growth and with growth brings change.

ACTION PLAN:

Make sure your goal is something that you have the capabilities, resources and even physical abilities to reach your goal.

TIME-BOUND:

How much time will you allow yourself to accomplish this goal? Plan your process and save a specific date to accomplish your goal!