

GOAL SETTING

GOALS: aims, purposes, intentions, aspirations, ambitions, ideals, destinations that give us direction and meaning to our lives

STEPS TO GOAL SETTING:

1. Identify the goal
2. Develop an action plan that is
Specific
Meaningful, Measurable
Achievable, Attainable
Realistic, Relevant
Trackable, True to your values
3. List possible obstacles
4. List ways of overcoming obstacles
5. Evaluate achievement
6. Revise if necessary and repeat the process