

Goals Rock

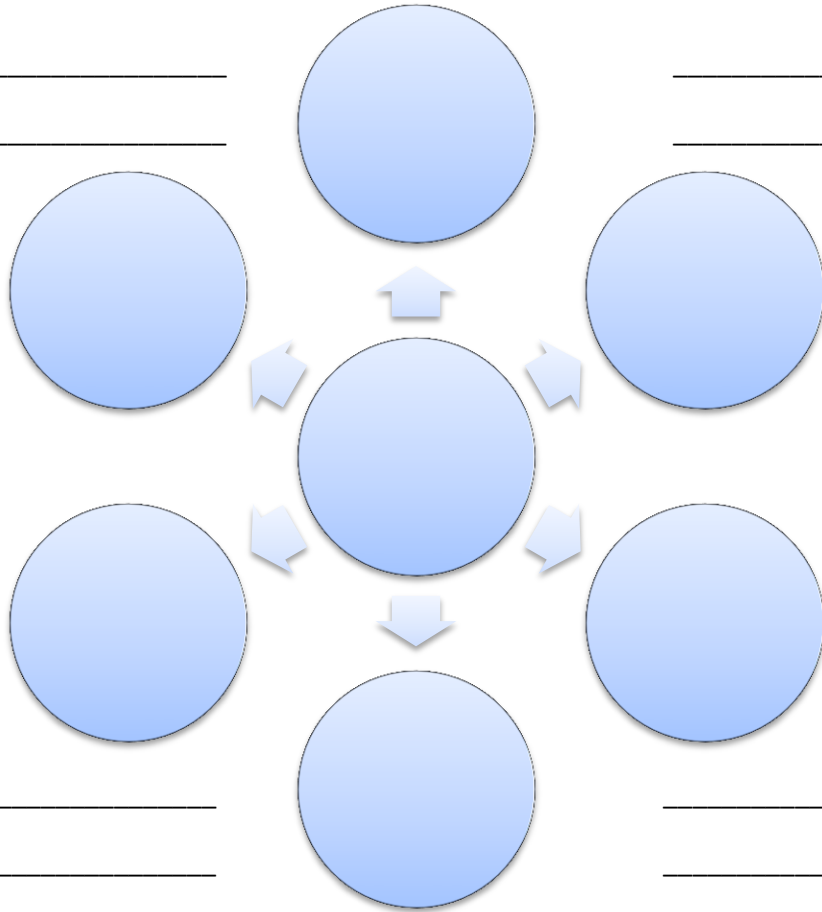
1. Why are goals important?

2. What are your values?

- When am I happiest/ most fulfilled?
- What makes me angry?
- What touches my heart?
- For what or whom am I willing to sacrifice?
- What do I admire in others?
- What do I make time for above all else?



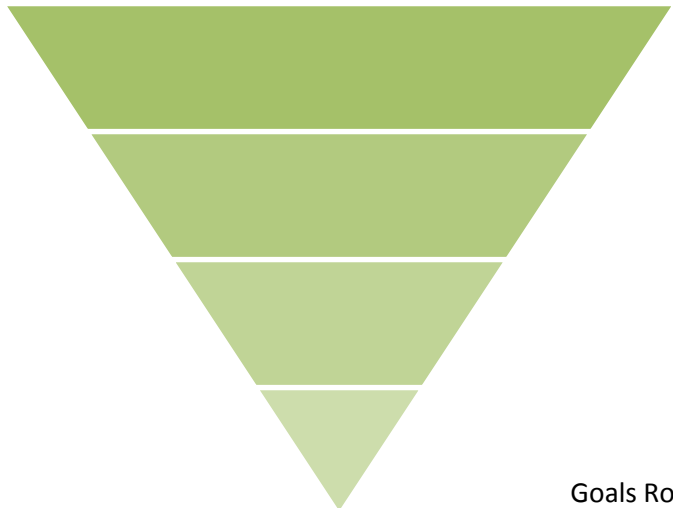
3. Identify your core values:



The main thing is to keep the main thing the main thing.

3. Break things down into bite-size pieces.

Use the productivity pyramid:



Setting Goals

Good Goals are SMART Goals

S _____
M _____
A _____
R _____
T _____

Tips for Success

- ✓ Choose an accountability partner and check in on your goals regularly
- ✓ Post your goals where you can see them
- ✓ As you attain goals, write new ones
- ✓ Reward yourself for reaching goals

What kind of goals do you want to set?

