

# #MOTIVATIONALMONDAY: GOAL-SETTING

"Goals that are not written down are just wishes." - Anonymous

Successful people begin with goals and then set action steps and priorities to accomplish those goals. Goal-setting allows you to focus on your dreams, and helps us understand the *why*, *when*, and *how* of our lives. It helps you manage your time more efficiently and helps you break down overwhelming larger tasks into smaller, more manageable steps.

Today we will be brainstorming some long-term goals related to the categories that interest you below.

## Directions:

Think about these categories and now brainstorm a few goal ideas you have for each. Remember, you want your goals to be **SMART**.

(S = specific, M = measurable, A = attainable, R = relevant, T = time limited)

**EDUCATION:** What type of education would you like to pursue?

<b>S (Specific)</b> <i>What will you do? When?</i> <i>Where? How?</i>	
<b>M (Measurable)</b> <i>How will you measure it?</i>	
<b>A (Attainable)</b> <i>What is realistic but will still stretch my efforts?</i>	
<b>R (Relevant)</b> <i>Does this goal fit with immediate and long-term plans?</i>	
<b>T (Time Limited)</b> <i>What is the time limit?</i>	