



Hello Southeast Enterprises Family!

Goal Setting!

Click on the orange “Goal Setting!” button to learn about the SMART way to set goals.

After watching the video, make a SMART goal for yourself, you can recreate the temple below or use your own. Remember in order to have a great smart goal it must have all the parts.

S Specific	M Measurable	A Attainable	R Realistic	T Time-bound
Do: Set real numbers with real deadlines. Don't: Say, "I want more visitors."	Do: Make sure your goal is trackable. Don't: Hide behind buzzwords like, "brand engagement," or, "social influence."	Do: Work towards a goal that is challenging, but possible. Don't: Try to take over the world in one night.	Do: Be honest with yourself- you know what you and your team are capable of. Don't: Forget any hurdles you may have to overcome.	Do: Give yourself a deadline. Don't: Keep pushing towards a goal you might hit, "some day."

Name _____

Date _____

Tracking My Goals

Directions: Create a SMART goal you would like to accomplish this year. Then, check in with your progress, keeping in mind the "Measurable" aspect of your goal.

S

Specific: Define your goal in as much detail as possible. Think about who, what, where, and when.

M

Measurable: track the outcome and your progress.

A

Action: What will you do to achieve your goal?

R

Realistic: Is your goal achievable?

T

Time-Oriented: How long will it take to complete?

For Later

Goalpost Check In: What steps have you taken toward your goal? What else is there left to do? How much longer do you believe it will take to achieve your goal?

Jigsaw Puzzle!

Click the red “Jigsaw Puzzle” button to try out some interactive, free jigsaw puzzles to improve your problem solving skills and memory! Make them as easy or hard as you want. Try to complete at least 1 a day!

Word Search!

Click the yellow “word search” button to try out some interactive, free Word Searches to improve thinking skills! Make them as easy or hard as you want. Try to complete at least 1 a day!

Memory Matching!

Put your memory skills to the test with this online match this picture memory game! Click the blue “Memory Matching” button to try it out!

Read Along!

Let’s work on our listening skills! Click the blue “Read Along!” button to experience an audiobook of your choice! Look at the available books or choose your own! Pick up where you have left off. Feel free to listen to as many chapters as you would like a day but you must complete at least one to get credit!

Get Fit Workout!

Karen has made some BRAND NEW workout videos for us to get fit to! Click the green “Get Fit Workout” video to try them out! Thank you for keeping us in shape Karen!

Check-In!

Click the Purple “Check-In” button to let us know what you have done today! Please fill out the form to receive credit.

Take pictures as you go along with each activity and send them in. We would love to see all the fun and creative things you do with the items this week. Not only can they be fun, but they can help build up skills that can be and used not only at work but in everyday life.

Email them in to:

Sarah@southeastenterprises.org

Have fun and Enjoy!