Goal Setting

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Why Set Goals

Makes you think about the possibilities

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Gives you direction to work toward

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Helps you push yourself a little bit more

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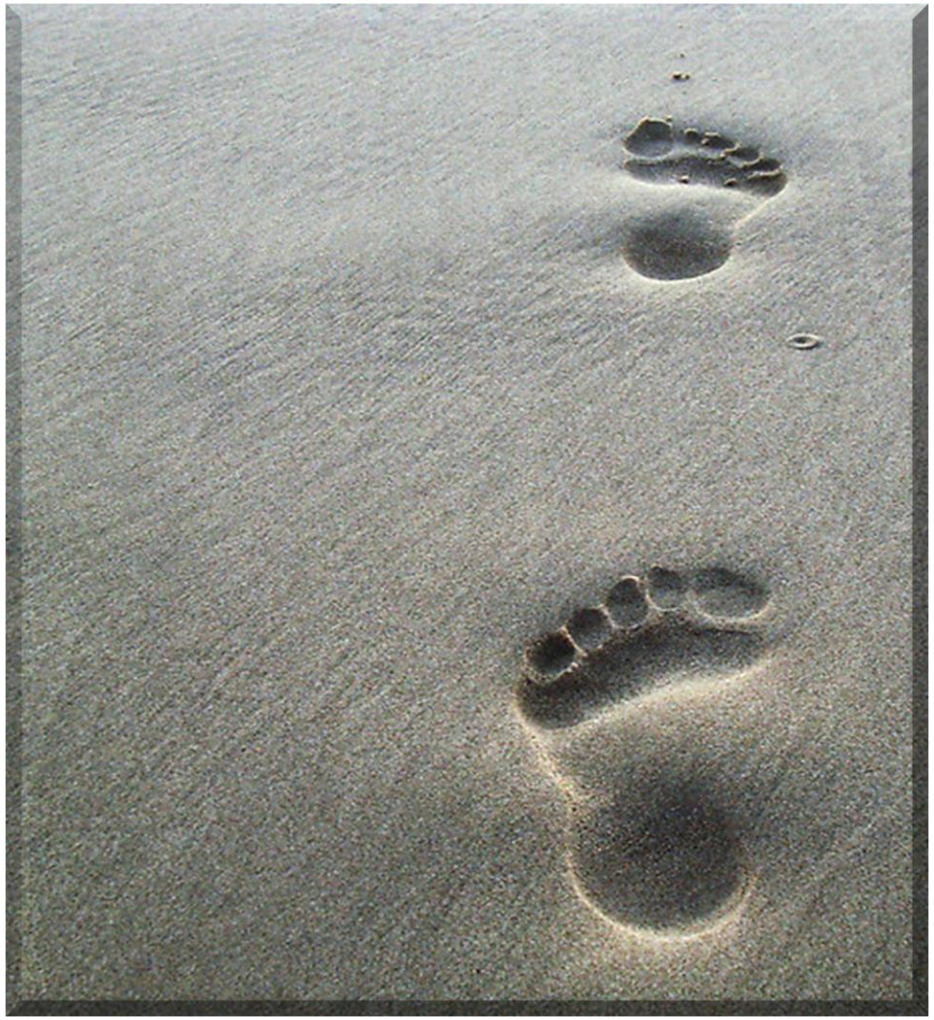
Breaks big goals into smaller steps



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Helps you believe in yourself

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Helps you have a more fun and fulfilled life

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How do we set goals?

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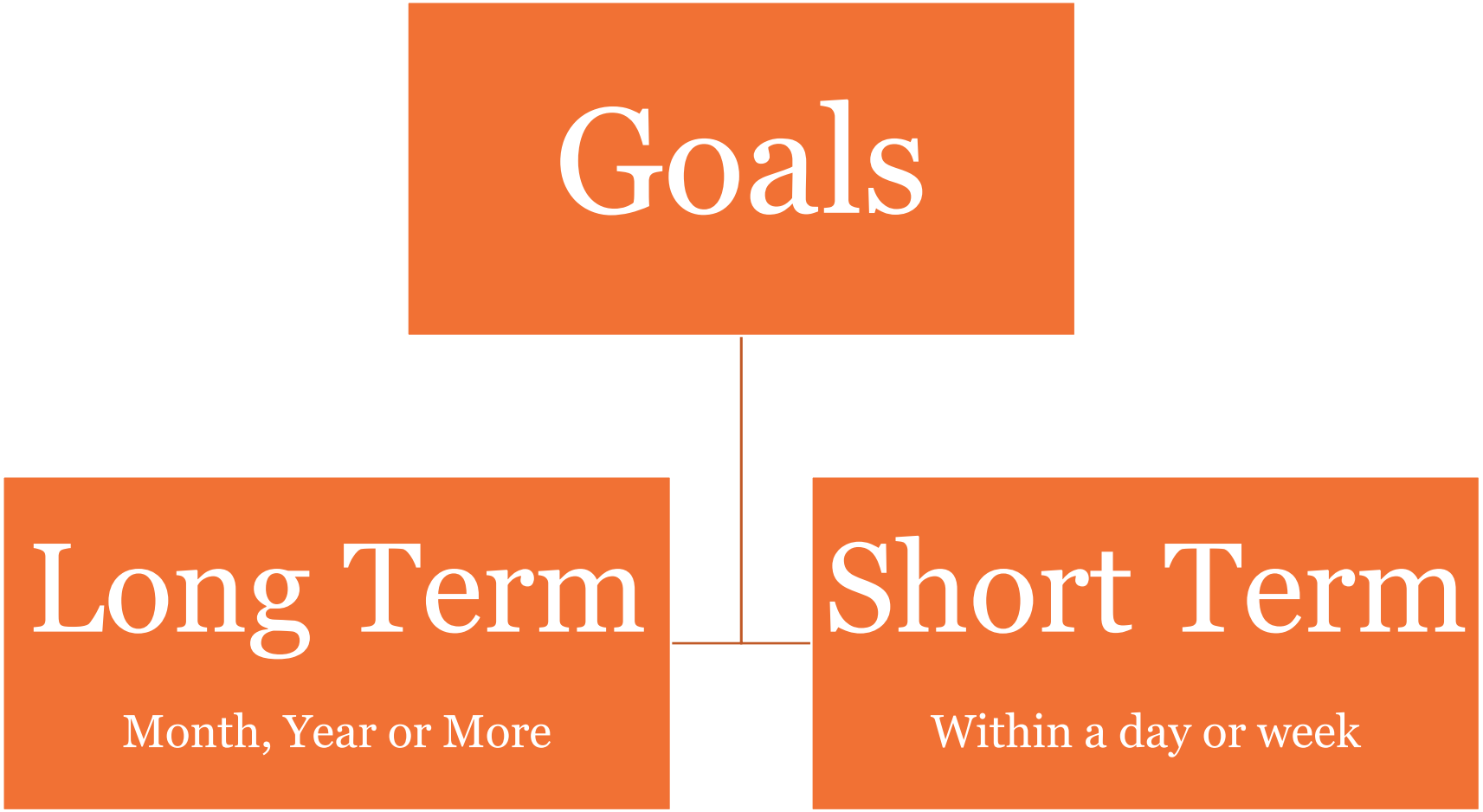
Types of Goals



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SMART Goals

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Specific

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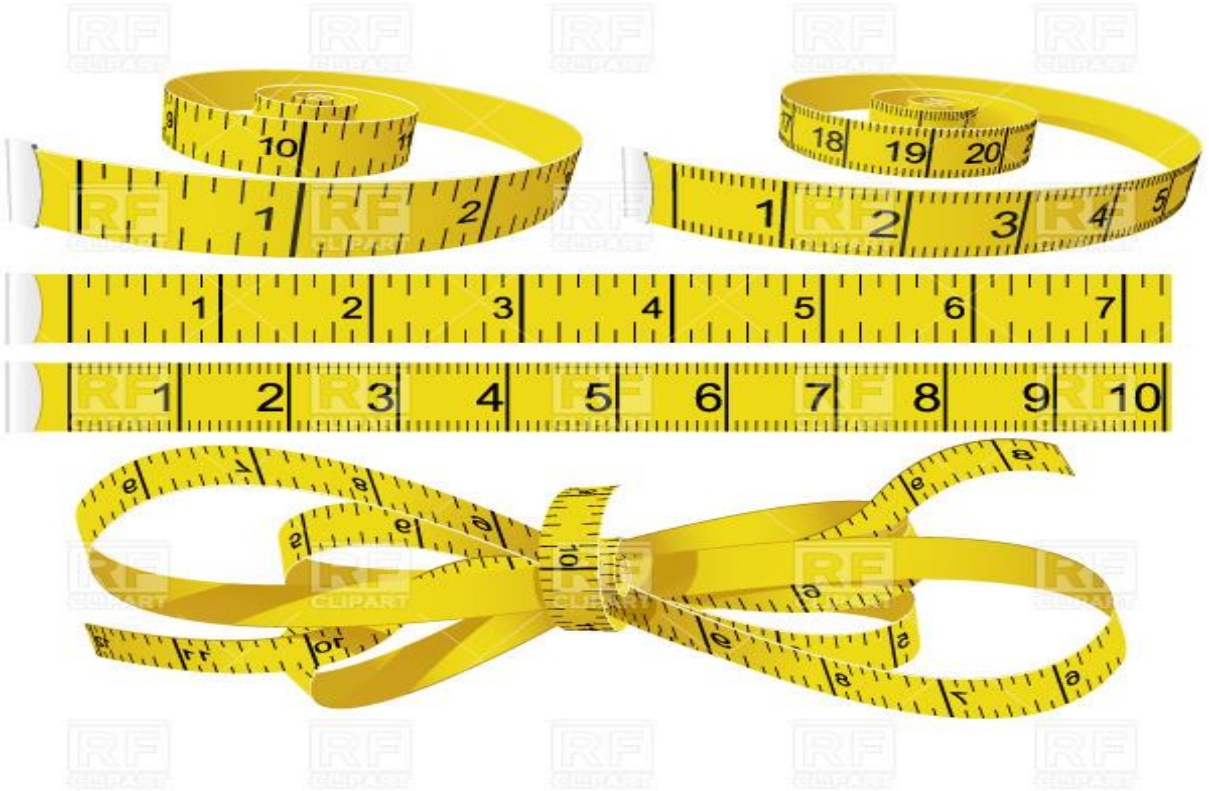
Measurable



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Action Oriented

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Realistic

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Timely

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Set a Goal, Make it Happen

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