

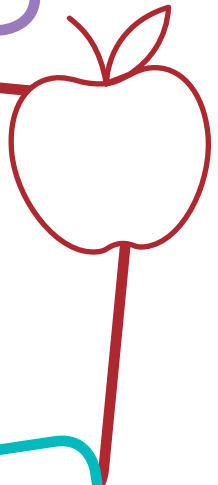
# BRAINSTORMING GOALS



Career



Home/Family



Health

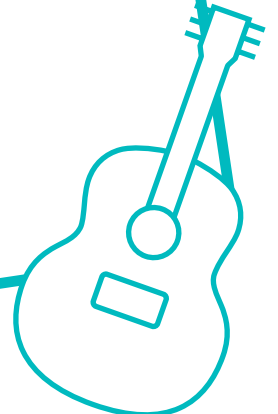
Education



Relationships



Hobbies



## MAKING SMART GOALS

**Specific** What exactly do you want to happen?

**Measurable** How will you know you have reached your goal?

**Action** What steps will you take to reach your goal?

**Realistic** Can you achieve this goal?

**Time** What is the deadline for reaching your goal?

Think of a goal you would like to work towards.  
Remember, realistic goals are achievable. Unrealistic goals are dreams.

**GOAL**

vs

**DREAMS**

1	
2	
3	
4	

Plan out the steps you will take to reach your goal.

1
2
3
4