GOAL SETTING

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<th>Adaptive</th>
<th>Time-Bound</th>
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My current goal is:

_____________________________________________________________________________________________

Is my goal clear? YES NO

If no, how can I make it more specific?

_____________________________________________________________________________________________

What steps can I take to complete these goals? Start with the easiest step.

1. _________________________________________ 4. _________________________________________

2. _________________________________________ 5. _________________________________________

3. _________________________________________ 6. _________________________________________

How do I know if I reached my goal? __________________________________________________________

Do I have the resources I need to achieve this? YES NO

If no, what do I need? _______________________________________________________________________

Can I commit to this goal? YES NO

Why or why not? _____________________________________________________________________________

What are some things that could get in the way of completing this goal?

___________________________________________________________________________________________

___________________________________________________________________________________________

When will I start? ___________________________

When do I hope to complete this? _________________________

What can I do today? _________________________