

GOAL SETTING 101

1

BEGIN BY THINKING
ABOUT WHERE
YOU WANT TO END

2

SET SMART GOALS
AND WRITE THEM
DOWN

3

BREAK GOALS
DOWN INTO AN
ACTION PLAN

4

SET THE ACTION
STEPS TO A
TIMELINE

5

TAKE ACTION
TOWARD THE
GOAL

6

RE-EVALUATE
AND CHECK
PROGRESS

Goal Setting 101 How To Set And Achieve A Goal

N Colangelo



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