

Goal Setting

Specific

What do you want to achieve? Be clear and detailed.

Measurable

How will you measure your progress and know you've achieved your goal?

Achievable

Is the goal realistic and achievable in the time allotted? Can it be broken into smaller goals?

Relevant

Why is this goal important to you? How does it align with your values or life purpose?

Time-bound

What is your deadline? What are the key dates or timeline?

Motivation

Reward

Steps to achieve goal

Obstacles

Resources

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