

HOW WILL YOUR LIFE LOOK IN 6 TO 8 YEARS?

REACHING YOUR GOALS MEANS BEING S.M.A.R.T AND W.I.S.E.

Goal setting is an important part of life. You can have goals in many different areas of life. Some will be long term (out in the future) and some will be intermediate and short term.

Long term goals should be broken down into milestones (in the middle) and smaller action steps. All goals should be **S.M.A.R.T**.

When creating SMART goals as yourself these questions:

S	Make it specific	What do you want to accomplish, exactly?
M	Make it measurable	How will I know when I've accomplished my goal?
A	Make it attainable	Will I be able to accomplish this goal?
R	Make it relevant	Is this goal worthwhile to me?
T	Make it timely	How long will it take me to accomplish this goal?

Once you set a goal then you need to be **W.I.S.E**.

W	Willpower	Do you have what it takes? Will you stick with it even if it gets hard?
I	Initiative	Be there, do it! Don't wait for someone else to do the work for you.
S	Stamina	It's all about perseverance. Hang in there! Just take it one step at a time.
E	Enthusiasm	Wanted: motivation, energy, the support of others, positive attitude, AND Commitment!

Remember: Motivation is what gets you started. Commitment is what keeps you going. There are times you are going to want to give up, DON'T.

Begin with an end goal in mind.

What type of life style do you want to live? Think about the following:

Career	Relationship
Education	Family/Friends
Finances	Health/Personal Growth
Home	Fun & relaxation

In 5 bullet points, please summarize how you envision your life in 6 to 8 years.

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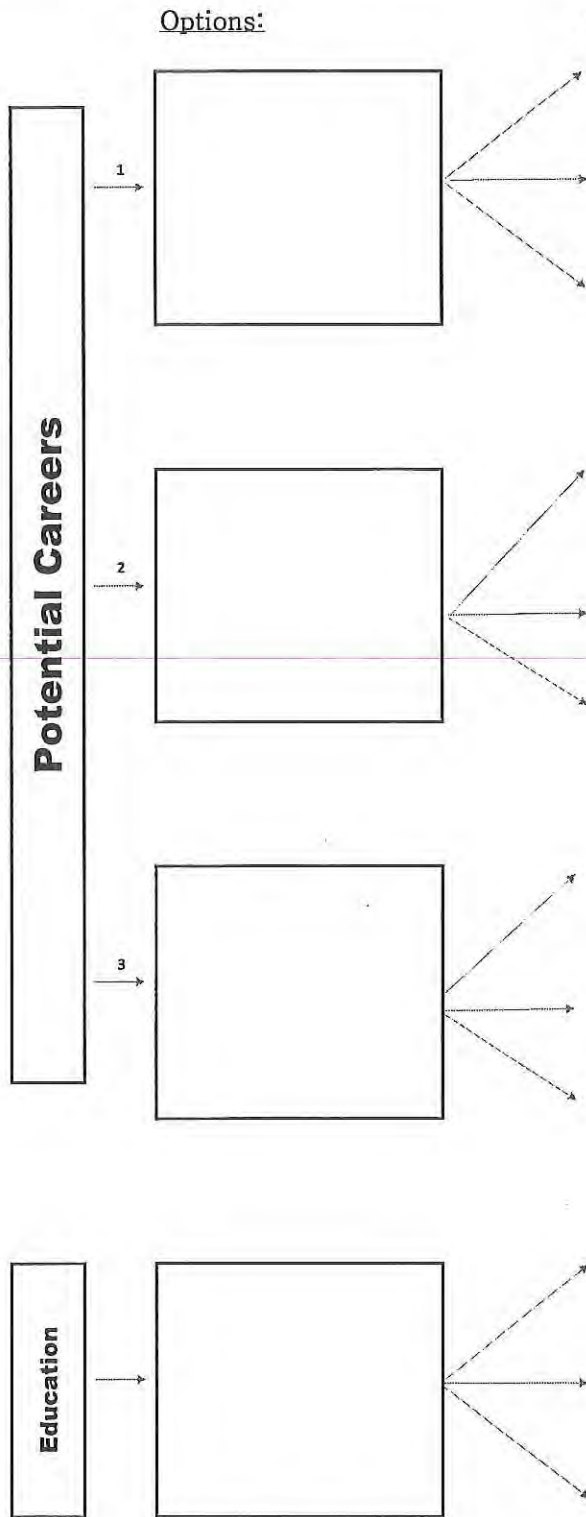
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On the next page, you will start to look at how you'll create the lifestyle you hope to achieve. Choose 3 potential career areas. You may also choose an education goal, if that is specifically relevant to you.

Make an informed decision.

I'm considering...



Each day is a day of decision and decision is our destiny!