**SMART Goals**

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| Specific | What do you want to do? Be specific! How can we get clear on what we want and define it? |
| Measurable | How can we quantify the goal in order to measure progress? |
| Attainable | Create a realistic goal that we can complete! Set yourself up for success! |
| Relevant | Is this goal in line with your values? Does it support you in achieving your dream life? |
| Timely | Include a timeline with a set deadline. Goals are great, but without this part, they may linger in the air and eventually float away from us. This piece can help us get it done! Set an exact date. |

Short Term Goals Vs Long Term Goals Vs Lifetime

1. Start to review your work from earlier weeks.
   1. Look at your values, do these still align? If not, make adjustments or additions as needed.
   2. Look at your dream life exploration. What do you need to do to achieve that life? How can you put those into actionable steps? (Hint: Start small and sustainable!)
2. Now, start to explore some potential

Think about the potential opportunities, the places you wish to be.

Goal Types

* Performance
* Behavioral
* Academic
* intellectual / Learning
* Career
* Family
* Interpersonal
* Intrapersonal
* Financial
* Spiritual
* Fitness // Physical