

Importance of Goal Setting

Welcome to this section where we underscore the significance of setting goals. Goals aren't just aspirations; they are the very benchmarks that will be used to evaluate your progress. As you navigate through this section, remember the power of specificity. Being precise in your goals not only provides clarity but also ensures that you have a tangible metric to track and assess your growth.

Goal Setting

Define your short- and long-term SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound) goals. Short-term goals are things you want to accomplish in a year. Long-term goals are things you want to accomplish in one, three, five, or more years.

SHORT-TERM GOALS (1 TO 12 MONTHS)	LONG-TERM GOALS (1+ YEARS)

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Brainstorming & Notes

Use this free space to take down any notes, ideas, etc. regarding your goals. Be as creative as you want!

Quarterly Goal Setting

Define what you want to achieve in the next quarter. Break that goal down into smaller components. Go back to your short- and long-term goals. Use that breakdown to define your quarterly goals.

MY GOAL(S) FOR THE NEXT QUARTER IS (ARE)...

I AM GOING TO ACHIEVE THEM BY DOING THE FOLLOWING:

I HAVE TO BE CAREFUL OF THE FOLLOWING: