



Goal-Setting Workshop

Characteristics of a Definite Goal:

- It must be clear and precise.
- It must be measurable.
- It must have a due date.

Emotional reasons we fall short of reaching our goals:

- We become indecisive.
- We procrastinate.
- We self-sabotage.

What is a goal you want to achieve?

What are some mini-goals you must achieve in order to reach your goal?

What has typically held you back from reaching your goals?

What will you do differently to reach your current goal?
