

The Golden Rules of Goal Setting

- Start with the big picture. What do you want to accomplish in the next ten years?
 - Set goals that motivate you. Why is your goal important to you?
 - Establish SMART goals.
 - **S**pecific
 - **M**easureable
 - **A**ttainable
 - **R**elevant
 - **T**ime-bound
 - Use positive language to state goals.
 - Focus on performance goals rather than outcome goals.
 - Write your goals down and share them with others.
 - Keep operational goals manageable and precise.
 - Be realistic.
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- Develop an action plan and follow-through.
 - Reward yourself for your accomplishments.