ACTIVITY 2: CREATE YOUR GOAL

My Overall Goal : _____

1.Specific

Who:

What:

Where:

When:

How:

2. Measurable

I will know I achieved my goal when: _____

3. Achievable

What will I need:_____

How to find time:_____

Who can support me:_____

Need to Research on:_____

4. Realistic

Write down WHY you want to complete your goal

5. Time

Anticipated Goal Finish Date & Benchmark dates

I will reach my goal by: ____/_____/_____

On ___/___/____ I completed_____

On ___/___/____ I completed_____

On ___/___/____ I completed_____