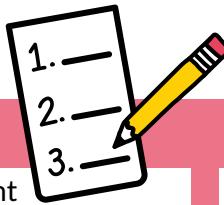


# Setting Goals



## Check In

What do you want to accomplish?

Why is this important to you?

How can others support you in the process of coming up with a goal?

## Consider

Do you need to break your goal into small steps? Why or why not?

How will you measure your progress?

When do you want to reach your goal?

## Challenges

What obstacles may stop you from reaching your goal?

What will you do if you hit a challenge?

Who can support you if you need assistance?

My SMART Goal Is: