

POWERFUL PROJECT

TEENS AND ADULTS

JANUARY
2014

GOAL-SETTING

“Goal-setting allows us to map out where we are going and how we can get there. Think of it as our goal’s personal GPS: Game Plan for Success.” ~ Dr. Robyn Silverman

When we map out our goals, we can see exactly how we are going to achieve them. Below, map out one of your top goals for 2014. Post it up and take action!

What is your top goal for 2014?

Make it SMART

Specific (Who? What? Where? When? Why?) _____

Measurable (How much? How many? How will you know it has been achieved?) _____

Agreed Upon (Who has agreed to do what to achieve this goal?) _____

Realistic (Can this goal be accomplished in the time allotted? How?) _____

Timebound (What is the deadline? Benchmarks throughout the process?) _____

What is your action PLAN to work on this goal? _____

Who will be your accountability partner? _____

First & Last Name: _____