Part 1. Write Down 4 Goals:

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________

Pick one goal from above: ______

Part 2. Break it into smaller steps—remember these are measurable and attainable.

<table>
<thead>
<tr>
<th>Step</th>
<th>Time Needed (if applicable)</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Part 3. What are resources, places and/or people who can help you in achieving this goal?

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

What obstacles might get in your way?  What will you do to overcome these obstacles?

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________

Part 4. How will you know you have achieved this goal? What will it look like and what will it feel like?

_____________________________________________________________________________________________
_____________________________________________________________________________________________
_____________________________________________________________________________________________