

SMART means Specific, Measurable, Attainable, Realistic and Time-sensitive.

QUESTIONS FOR REFLECTION:

If you haven't already, download the Challenge to Succeed Goal Setting Workbook (PDF) from the N.J.W Blog and complete the exercises. Answer the questions regarding setting economic goals, career goals, family/social goals and personal goals.

The exercises focus on a date ten years from today and ask questions like:

Q: Where would you like to be living? \_\_\_\_\_

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Q: What would you like to be doing? \_\_\_\_\_

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Q: How much money would you like to be earning? \_\_\_\_\_

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**ACTION POINT:** 1. Go through your goals list and make them SMART. For each goal, ask: Is it specific, measurable, attainable and realistic and does it have a time frame?