

# The Goal Setting Process

1. Think about what is important to you.
2. Set a goal that fits your values/priorities.
3. Write down the goal as a clear statement.
4. Consider obstacles and how to deal with them.
5. Outline steps to achieve, break into manageable parts.
6. Set up a timetable and plan of action with deadlines.
7. Decide to get serious and go to work on it.

