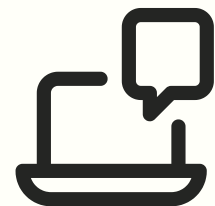


Recipe for Goal Setting



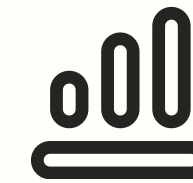
SMART Goals

Having SMART goals enable you to achieve your goals in a more efficient way



A Can Do attitude

A positive attitude is a key ingredient for success. Focusing on possibility rather than obstacles is the engine you need!



Networks

Having the right support is key for undertaking your goals. People bring new ideas, encourage you and give you the support you often need.



Resourceful

Often we have the resources we need to undertake our goals but we are not aware of them. Creating an inventory of current resources is the first step you need.

