My Personal Goals

"A dream is just a dream.
A goal is a dream with a plan and a deadline."
Harvey MacKay

Why set goals?

- Goal setting is a powerful way of thinking about what you would like to achieve and motivates you to turn your goal into reality. Are there any goals that you want to achieve? What are the steps you are going to take to achieve it?
- Once you have created your Long Term Goal, break this down into smaller, Short Term Goals, that you need to achieve to reach your dream goal.
- Make sure your goal is **SMART**
  S – Smart
  M – Measureable
  A – Attainable
  R – Relevant
  T – Time-bound
- Once you have agreed what your goal is and you have identified the steps required to get you there, keep your motivation high by referring to your goals on a regular basis by reviewing them and measure your progress as you go.
- Enjoy the Journey, observe your progress and the satisfaction of achieving your goal will be immense.

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Long Term Goals:	By when:
Example: To cycle in and out of work	
To cycle, to and from work, twice a week	end of June
Quantifiable and specific	Time bound

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Short Term Goals:	By when: