

NEW YEAR'S 2023 GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH/EXPERIENCE?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



NEW YEAR'S 2023

WHAT STOPS YOU?

UNCOVER YOUR OBSTACLES THAT KEEP YOU STUCK, IN THE SAME PATTERNS. IT'S TIME NOW TO BREAK FREE AND CREATE A NEW PATH OF ACTION, SATISFACTION AND HAPPINESS. GO GET 'EM, TIGER!

CONFIRM IT

HOW WILL YOU KNOW
WHEN YOU HAVE IT?
(THINK/FEEL/DO)

FEAR OF LOSS

WHAT WOULD YOU LOSE
OF VALUE IF YOU HAD IT?

YOUR PAST

WHEN FIRST DID THOSE
FEARS OCCUR?

BELIEF

WHAT DOES THAT LITTLE
ONE BELIEVE ABOUT
HERSELF AND THE WORLD?

NEW RESOURCES

WHAT DO YOU WANT THAT
LITTLE ONE TO KNOW?

