

**Goals**

‘To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you’re going so that you better understand where you are now and so that the steps you take are always in the right direction.’ - Steven R Covey

To make the most of our sessions over the following months, we need to target our journey.

**USE THE S.M.A.R.T TEST WHEN DETERMINING GOALS**

S = Specific M = Measurable A = Achievable R = Results Oriented T = Time Frame

Goal	How will I know I’m there	What do I have to do to achieve the goal?	When will I get there

Name: \_\_\_\_\_

Date: \_\_\_\_\_