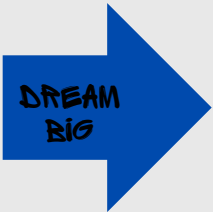


Goal Setting for Career Success

with Steph Gillies

Goal Setting Increases Workplace Performance.



What would a day in your ideal life look like?

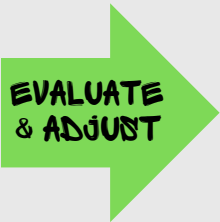


Big Goals:

- 1 _____
- 2 _____
- 3 _____

Smaller Tasks/Actions:

- 1 _____
- 2 _____
- 3 _____



Task:	Timeframe:	Next Steps:

Goal Setting for Career Success

with Steph Gillies



Action Plan:

1 _____
2 _____
3 _____
4 _____

SPECIFIC

MEASURABLE

ATTAINABLE

REALISTIC

TIME-BOUND



- Take Breaks
- Accountability Partner
- Track Progress
- Celebrate Wins
- Use Visualization

