



# Five Goals, for Five Areas of Life

1. Activities with Children:
2. Volunteer Activities:
3. Employment Activities:
4. Education and Training Activities:
5. Self-Improvement Activities:

Things to keep in mind as you are making your goals:

Your goals need to be **Specific, Measurable, Attainable, Relevant, and Time-bound.**

Give yourself an end date and plan for small wins.

Break down projects into manageable steps.

Be consistent in practicing your values and beliefs.

Make your goals clear and create milestones for your projects.

Talk to others about your goals, they can help you reach it and keep it fresh in your mind.

Take the first step toward your goal.

