



STAY MOTIVATED

Dreams and Goals

There is a big difference between a dream and a goal

- Dreams are something you imagine happening
- Goals are something you take action towards

Make a list of your hopes for the future and put them into an appropriate category

Fantasy and pipe dreams Things you would like to be or do but you have never talked about.	Daydreams and conversations Things you would like to be or do you have talked about.	Goals Things you would like to be or do that you've taken action about.

To turn your dream into reality... make it a goal!

How to set goals?

Be SMART

Pick one of your goals and turn it into a SMART goal. You can cut big goals down to bite size SMART goals.

Specific - be as precise as you can.	
Measurable - how will you know when you've reached your goal?	I will know I have reached my goal because.....
Action - what can you do to achieve your goal?	How? Step 1,2,3.....
Realistic - will you be able to reach your goal? Identify obstacles and how you can overcome them.	
Time-Bound - when do you want to do this by? Be precise.	