# 4 STEP GOAL SETTING PROCESS



### STEP ONE

IDENTIFY A GOAL THAT IS ACHIEVABLE, (CHALLENGING BUT DOABLE), BELIEVABLE (REALISTIC) AND ONE YOU WILL BE COMMITTED TO ACCOMPLISHING (IT MATTERS TO YOU).



#### STEP TWO

CLEARLY WRITE A DETAILED GOAL WHICH INCLUDES WHAT, BY WHEN, AND WHY YOU WANT TO ACCOMPLISH IT. VISUALIZE YOURSELF ACHIEVING IT. PRINT AND POST IT ALL AROUND YOU!



## STEP THREE

CREATE ACCOUNTABILITY WITH FAMILY, FRIENDS OR YOUR AIS ADVISOR AND WITH YOURSELF TO REGULARLY CHECK IN ON YOUR PROGRESS AND TO KEEP YOU MOTIVATED.



#### STEP FOUR

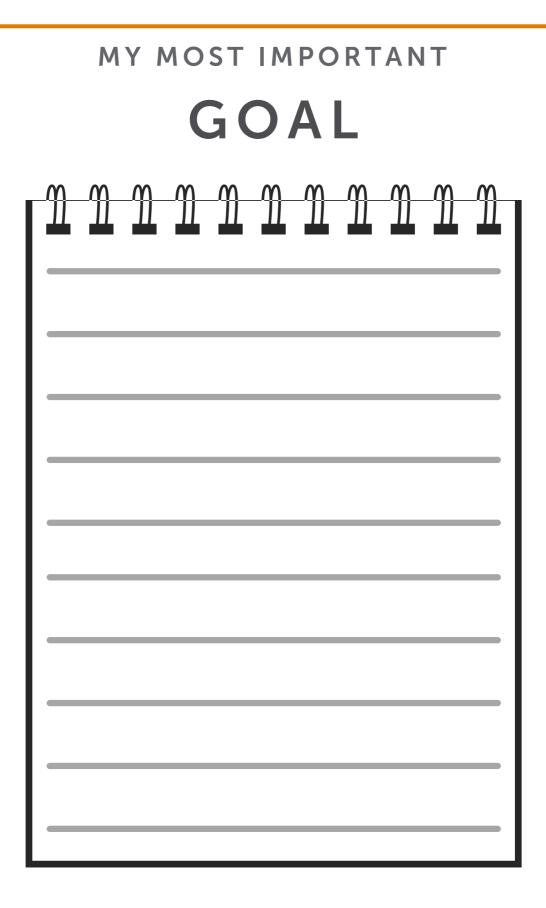
**REVIEW AND ADJUST** AS NECESSARY. STRIVE FOR PROGRESS OVER PERFECTION. NO MATTER WHAT DON'T QUIT!

"Whether you think you can or cannot, you are right". -Henry Ford



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#### SMART Goals Are:

Specific, Measurable, Achievable, Realistic and Timely