

My Goals



Goals are **an exact science**. They must be **specific, exact, clear and measurable**.

1 What do I want to achieve?

2 Why do I want to achieve this? (*What do I gain from this... how do I benefit?*)

3 What must I do to achieve this? List 3 clear actions

4 Who & What can help me to achieve this?

5 When am I going to achieve this?