

CREATING GOALS

Big-Picture Value: (Example: Financial independence)

Long-Term Goal: (Example: Pay off debt)

**Short-Term Goal:
(Example: Call a credit counselor)**

**Short-Term Goal:
(Example: Consolidate my bills)**

Short-Term Goal:

1.

2.

3.

Goal Checklist

___ Can I identify **S**pecific steps?

___ Is it **M**easurable?

___ Do I believe I can **A**chieve this goal?

No 1 2 3 4 5 6 7 8 9 10 Yes!

___ Is it **R**elevant to my values in life?

___ Is there a **T**ime frame for achieving this goal?

___ Can I identify **S**pecific steps?

___ Is it **M**easurable?

___ Do I believe I can **A**chieve this goal?

No 1 2 3 4 5 6 7 8 9 10 Yes!

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