



# **TURN YOUR DREAMS INTO A REALITY**

## **Goal Setting – August 23**

**8:00 a.m. -11:30 a.m. or 12:00 – 4:00 p.m.**

**10 South Canal -25<sup>th</sup> Floor**

The purpose of this course is to learn goal-setting techniques in order to increase your chances for success. Goals are useful in focusing our efforts in a consistent direction.

### **Types of Goals**

- Professional
- Family
- Health
- Financial
- Spiritual
- Community

### **Elements of a Goal (the SMART goal)**

- Specific
- Measurable
- Attainable
- Relevant
- Time and resource bound

### **How to Convert a Goal to a SMART Goal**

- Writing SMART goals

### **Establish Next Steps/Action Plans**

### **Practicum**

- Work through specific issues and challenges
- Go through the SMART process with real goals
- Take away real next steps to achieve your SMART goals

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**To REGISTER: CALL THE ALLIANCE, 888-992-7979,  
leave your name, call back number and workshop  
preference before Friday, August 18, 2006**

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