



# Articulate your Goals

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## *Brainstorming session*

*Think about your career and write down anything that comes into your head:*

- ★ What do you love? What do you hate?
- ★ If time and money were no option what would you be doing?
- ★ What makes you happy? What are you good at?
- ★ Where do you want to be in 1 year, 3 years and 5 years?
- ★ What are you tolerating in your career that is no longer satisfactory?
- ★ What do you wish you had always done, but never did?
- ★ What are you committed to doing now to further your career?

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*Now write down your goals in an inspiring, fun way...*

*For example:*

By 30<sup>th</sup> November 2005 I will increase my weekly sales from \$500 to \$1500, by creating an awesome network of 50 new business associates, and delivering 10 new sales presentations per week.

**GOAL #1** – is it specific, how will you measure success, is it attainable and realistic, in what amount of time will you achieve it?

**GOAL #2** –is specific, how will you measure success, is it attainable and realistic, in what amount of time will you achieve it?

**GOAL#3** – is specific, how will you measure success, is it attainable and realistic, in what amount of time will you achieve it?