

Goal Setting

D.A.P.P.S.

Dated – Effective goals have specific deadlines.

Achievable – Effective goals are realistic.

Personal – Effective goals are ***your*** goals, not someone else's.

Positive – Effective goals focus your energy on what you *do* want rather than on what you *don't* want.

Specific – Effective goals state outcomes in specific, measurable terms.

My Goals:

Long Term

Medium Term

Short Term
