



If someone were to stop you on the street and ask you, "What is your goal" --- how would you respond? Do you have goals? Are they written down? Take a few minutes and write out your personal goal in as much detail as possible. Pro Tip: make sure this is written in the present tense and is based on your WANTS rather than your NEEDS.

PERSONAL GOAL



Now let's go through the same exercise, but in this case, write down your professional goals in as much detail as possible. The same pro tip as above applies. Write it in the present tense and focus on your WANTS rather than your NEEDS.

PROFESSIONAL GOAL



How do you feel after setting your personal and professional goals?

What are 5 action steps you can take right now to move you towards your personal and professional goal?