

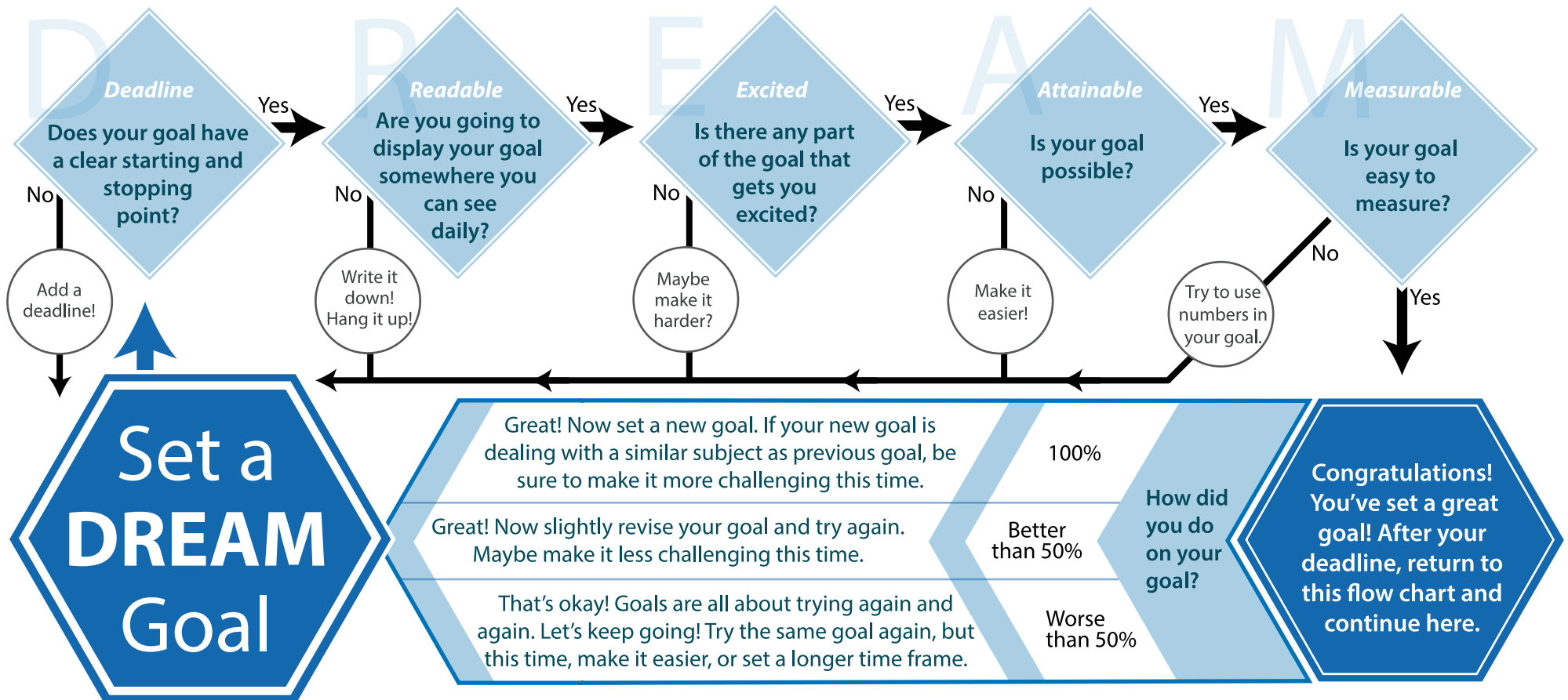
Make Your Dreams Come True

DREAM Goals

Deadline
Readable
Exciting
Attainable
Measurable



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DREAM GOALS Making Your Dreams Come True

Deadline There should be an official starting time and ending time for the goal. If the time frame is missing, then your goal could go on forever or never actually begin at all. A deadline allows you to frame your goal into a small bite-sized chunk.

Readable Your goal should be printed or written on paper and then put in a place that you see every day. Writing down your goal is very important--it's powerful. Goals that are not written down are merely idle wishes.

Exciting Your goal should get you excited. Maybe it's such a challenging goal that you're excited about how it will feel when you're victorious. Maybe you are looking forward to what you'll learn and experience. If you aren't interested in your goal, get a new goal.

Attainable Impossible goals are a waste of time. Goals that are challenging are great, but they must be possible. If you get to the end of a goal and couldn't do it, no big deal--Set a new goal that is a bit more attainable.

Measurable When the deadline arrives, you want to be able to answer the question, "Did I accomplish the goal?" If you aren't sure, it probably means your goal isn't easy to measure. Using numbers in your goal tends to help with this. Instead of "Get to work early." you would write, "I will arrive at work before 6:00 am, every day this week."



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DREAM GOALS

Making Your Dreams Come True

Goal #1

Deadline

Readable

Exciting

Goal #2

Attainable

Measurable

Goal #3



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