

Planning for Your Next Transition

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| <p>1. What do you want to see happen next in your life? What is your goal?
Tips: Be specific! Vague goals like “being happy” are hard to work towards; think about what would make you happy and set that as your goal.</p> |
| <p>2. By when do you want to meet this goal?</p> |
| <p>3. What five smaller steps do you need to take to meet this goal? Break your larger goal into smaller, achievable steps. For example, if your goal was to buy your own home, you may need to set up a savings plan, research neighborhoods, find a realtor, etc. Also add the date by when you would like to achieve each of these smaller steps.</p> <ul style="list-style-type: none">a.b.c.d.e. |
| <p>4. When would you like to meet each of your five smaller goals?</p> <ul style="list-style-type: none">a.b.c.d.e. |
| <p>5. What resources do you need to meet your five smaller steps that you don't already have? Information? New skills? Running shoes? Write down what you need to get there.</p> |
| <p>6. Who can help you achieve your five smaller steps? What is your plan to enlist their help?</p> |
| <p>7. How are you going to keep yourself motivated to achieve your goals? (E.g., small rewards for small steps, reminders of why the goal is important to you)</p> |
| <p>8. How are you going to approach bumps in the road? What will your general approach be if you are having a hard time achieving one of your small steps?</p> |