

Exercise

## Farewell Comfort Zone Goals

Setting goals will help you take the necessary steps to getting what you want out of life.

<b>S</b> SPECIFIC	<b>M</b> MEASURABLE	<b>A</b> ACHIEVABLE	<b>R</b> RELEVANT	<b>T</b> TIME-BOUND
Be specific State what you will do. Use action words Answer questions like who, what, when, where, why and which?	How will you evaluate or measure your progress?  What metrics or data will you use to measure?	Is this goal possible to accomplish right now in your life?  Do you have the skills and tools necessary to achieve this goal?	Is this goal relevant to your life?  Will it better your life in some way?  Will it help you reach your larger goals quicker or easier?	What date will this goal be accomplished?  What milestones do you need to meet in order to reach the deadline you have set?

One goal I want to achieve that will help me step out of my comfort zone or that will require me to step out of my comfort zone in order to achieve. Be specific.

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Why I want to achieve this goal and the benefit I will receive once I achieve it.

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How this will help me step out of my comfort zone.

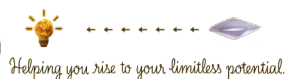
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Helping you rise to your limitless potential.

What I will need in order to achieve this goal (resources, tools, people, etc.)

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I will obtain these resources by:

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How I will measure my progress & know when I have reached this goal:

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I will achieve this goal by \_\_\_\_\_ [date]

Obstacles I might face while obtaining this goal.

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Ways I can prevent or overcome these obstacles.

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