Report 2 – Creating Meaningful Goals Checklist

If you dream of living a different type of life than the one you are currently living, you need to do more than just dream. You need to have realistic, meaningful goals and have a plan of actions that will lead you to succeed in attaining your dream. The following goals will enable and inspire you. Place a checkmark in each box that fits in your plan, and you achieve the meaningful goal.

* I reflect on my experiences each day to gain knowledge and make progress.
* I take inventory of the people and things excite me or bring me joy.
* I create my goals based on my own beliefs, wants, and needs .
* I bring positive change to my life by choosing goals that are centered on my dream.
* I understand why my goal is important to my dream’s success .
* I break down my larger meaningful goals into small steps to stay on track.
* I prioritize my goals to help me focus my time and energy.
* I use milestones to motivate my progress and celebrate successes.
* I use the SMART goal method to create better goals.

**Use the following section to add your unique goals.**