

# MICRO goals

## MOTIVATION

What motivates me?

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## VISION

What do I want to accomplish in the next year?

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What do I want to accomplish in the next five years?

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## GOALS

What goals will move me toward my vision?

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## SET MICRO GOALS.

**MEASURABLE** Set measurable goals so you can track your progress.

**INSPIRATIONAL** Set inspirational goals that motivate you and give you a reason to invest both your time and your effort.

**CONCRETE** Set concrete goals that are definite and clearly define what you want to accomplish.

**REALISTIC** Set realistic goals that not only work with your personality, but with your lifestyle as well.

**OBTAINABLE** Set obtainable goals so that you are able to reach them without being discouraged