**How do you set goals?**



1. Create a timeline (either 1 year or 3 years; you could also do a long term big picture time line if you want to) for your list of long and short term goals.

**Think about:**

* When you want to complete each thing, and
* How long you think it will take.
* What steps you need to take to get there
* Who can help you and what other strategies could you use

**Year 1**

1. Share your goals with someone else! Explain why you want to reach them and work out strategies to support one another in your goals.