

We need to set our

# SMART GOALS

before learning

## 'TIME MANAGEMENT'



I NEED TO ASK 4 QUESTIONS BEFORE SETTING ANY GOALS...

FIRST CHOOSE AN AREA THEN ASK?

What do I 'BELIEVE'?

What do I 'WANT'?

Why do I want this?

What do I need to 'CHANGE' in me to get it?