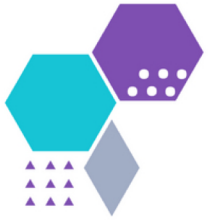


Achieve Your Goals

Presented by Sam Fraser and
Ed Peters



What do you want?




You can't hit a target you
cannot see, and you cannot
see a target you do not have.
Zig Ziglar
quotefancy

What are goals?

- They have an clear outcome
- They are framed positively
- They have a timescale
- They inspire you

- They are specific
- They are within your control
- They are written down
- They are reviewed

What areas can goals cover?

Work and career

Study and qualifications

Home and family

Interests and passions

Friends and social life

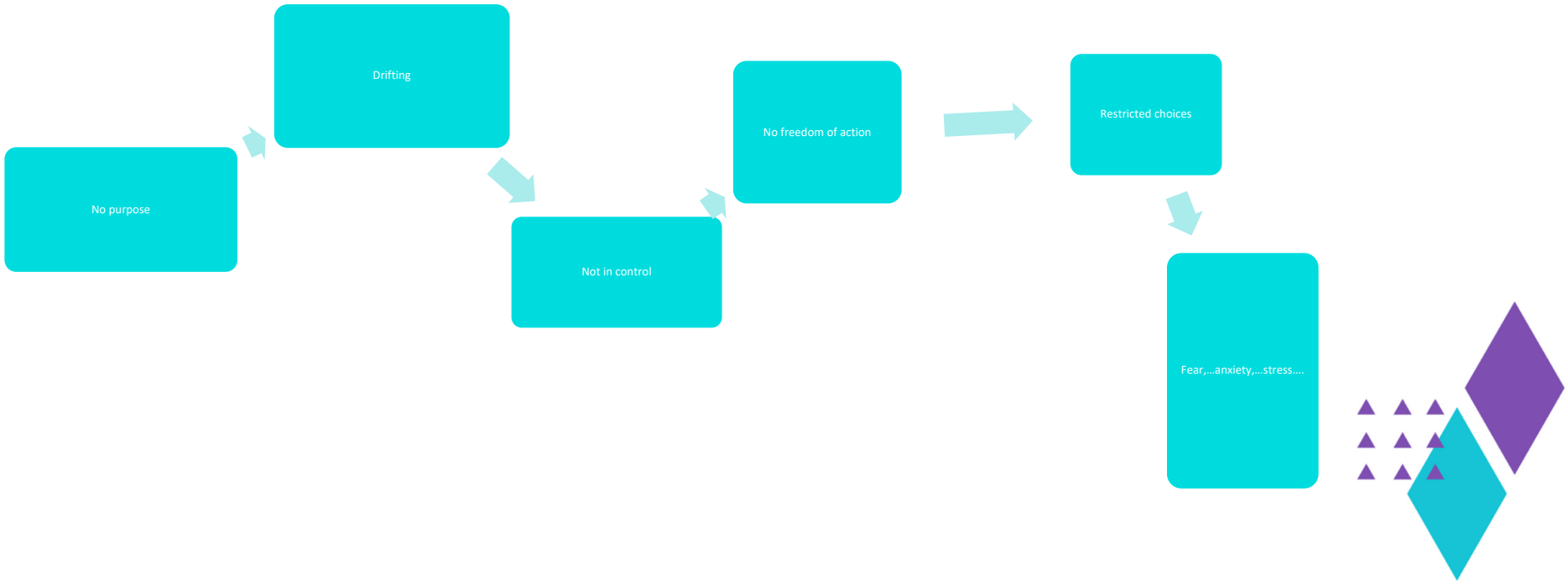
Finances and security

If you achieved your goal, what would that bring you?

- Purpose
- Focus
- Direction
- Motivation



If you have no goals, where does that leave you?



So what do you need your goals to be?

Aligned with your values
Challenging
Achievable
Personal



Whatever you focus on is what you get

Tony Robbins

Goals can vary in length..

- Long-term
- Medium-term
- Short-term
- Ongoing

And all goals need to be broken down..

