



**Achieve your dreams in 2017**  
[www.inspireyourlife.org](http://www.inspireyourlife.org)

What's your big dream? What one thing would you do if you could do anything?

What's stopping you?

Why?

What one thing can you do about it?

**Goal Setting**

Big goal: .....

Smaller steps towards achieving it

What	When	How	Who

What are your values?

What action will you take?

What obstacles will you need to overcome?

What support will you require?

S pecific

M easurable

A chieveable

R ealistic

T ime bound