

GOAL SETTING

Setting goals is the first step in turning the invisible into the visible

Tony Robbins

Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

- ✓ Set challenging SMART goals before you start your project.
- ✓ Reflect on your strengths and areas for development.
- ✓ Consider how you will keep track of your progress.
- ✓ Seek and incorporate constructive feedback from others.
- ✓ Review your goals and reset them as necessary.

INDEPENDENCE & INITIATIVE

Don't wait for opportunity

Create it

Awaken the leader within

- ✓ Follow your curiosity
- ✓ Think or act without being urged
- ✓ Take the initiative to extend or modify tasks
- ✓ Propose creative solutions to problems

PERSISTENCE & RESILIENCE

Big dreams come with challenges

Be inspired by those who never gave up

- ✓ Step outside your comfort zone and enjoy the challenge
- ✓ Embrace mistakes as an opportunity to learn
- ✓ Use the 16 Habits of Mind to help overcome challenges

COLLABORATION

*Everyone you will ever meet
knows something you don't*

Bill Nye

- ✓ Respect and consider the opinions of others
- ✓ Consider suggestions that are different from your own
- ✓ Contribute and encourage others to contribute to shared tasks
- ✓ Reflect on your own and the group's performance
- ✓ Reflect on how different approaches might have helped your group succeed

COMMUNICATION

*You can have brilliant ideas,
but if you can't get them across,
your ideas won't get you anywhere.*

Lee Jacocca

- ✓ Actively listen to ideas that are different from your own
- ✓ Be open to learning from others
- ✓ Experiment with new and innovative ways to show what you know
- ✓ Consider your audience when planning for presentations
- ✓ Seek feedback on the clarity of your message