



Breakthrough Goal Setting

4-hours

We have all made resolutions and broken them before we've really started to work on them. If it is important to you, if you really want to breakthrough all the barriers and make it happen—join this class!

SMART goals are essential, and more is needed for a breakthrough. This class will give you “more”. Using SMART goals as a basis, we will add 3 parts to the formula. After we add those parts, we'll make a plan. So come with a goal in mind and we will give you more tools to make the breakthrough!

- 1) Introductions
 - Trainer
 - People—with expectations
 - Topic

- 2) Setting Goals
 - a) Step 1—individual
 - SMART Goals
 - CLEAR Goals
 - PURE Goals

 - b) Step 2—pairs
 - Add Sensory Input
 - (1) Visual
 - (2) Auditory
 - (3) Kinesthetic

 - c) Step 3—individual and group
 - Develop plan
 - Present

- 3) Wrap-up
 - a) Review Expectations
 - b) Evaluations, etc.