

# DREAM goals

**D**ESTINATION FOCUSED – Where do you want to go in life; what do you want to do and be when you get there?

**R**EVELATORY – What do you hope to learn about yourself and the world?

**E**PIC – What tests/challenges do you expect to need to overcome, what kinds of friends and associates will you need to make to do so, what rewards do you anticipate?

**A**MBITIOUS – How does your DREAMgoal push you out of your comfort zone and require you to grow?

**M**OTIVATIONAL – How will your goal inspire you when the journey is tough, the choices you face aren't clear, and the outcome hangs in the balance?

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# SMART goals

**S**PECIFIC – Who does what? How?

**M**EASURABLE – How will you know when you have achieved your goal? How will you measure progress towards your goals?

**A**CHIEVABLE – What makes you believe your goal as defined is achievable?

**R**ELEVANT – How does succeeding in your goal contribute to your vision or dream?

**T**IME FRAMED – What is the time line, process, and progression for achieving your goal?

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# SUCCESS