

Name : \_\_\_\_\_

Class : \_\_\_\_\_

## My E-lesson

### Module 8 : Setting my life goal

#### My life planning footprints® : My SMART Goal Poster

Continued from Activity 3, please set your goal based on SMART principles and your status of life wheel, then design a poster to demonstrate:

The life wheel category of this goal : \_\_\_\_\_

❖ S – things that have to be done specifically : \_\_\_\_\_

❖ M – indicator of success : \_\_\_\_\_

❖ A -evaluate whether it is attainable :

Internal advantage : \_\_\_\_\_ Internal limitations : \_\_\_\_\_

External assistance : \_\_\_\_\_ External resistance : \_\_\_\_\_

Ways to overcome limitations and resistance : \_\_\_\_\_

❖ R – Reason for setting this goal ? : \_\_\_\_\_

❖ T – Timeframe for realizing the goal : \_\_\_\_\_

Conclude the above goal in one sentence :



- ✓ Place the poster in a prominent place where you can often review;
- ✓ Share your goal with someone important;
- ✓ Reflect from time to time and actively work towards the goal!