

# ESSENCE

## GOAL SETTING

# E

### ELIMINATE

To effectively create a plan, eliminate excuses and set aside time to write your goals.



# S

### STRATEGIZE

Define short-term and long-term targets and milestones to strategically achieve your goals.



# S

### SPECIFY

Specify challenging and realistic action items to achieve each short-term and long-term target.



# E

### ENGAGE

Engage an accountability partner, mentor, or coach to obtain knowledge, skills, and resources needed to achieve your goals.



# N

### NUMBER

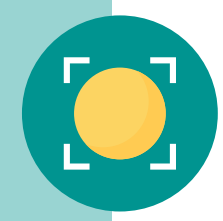
Use numbers to prioritize, monitor and track progress.



# C

### CLARIFY

Clarify, challenge, and adjust the goals, action items and progress along the way.



# E

### ENCOURAGE

Encourage yourself and celebrate victories and repeat.



# MY #1 GOAL FOR 2022 IS...

**E** ELIMINATE



**S** STRATEGIZE



**S** SPECIFY



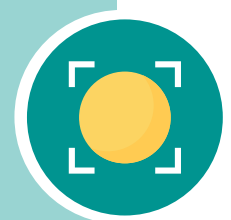
**E** ENGAGE



**N** NUMBER



**C** CLARIFY



**E** ENCOURAGE

