

4 SETS TO Accomplish Goals



Set Your Smart Goal

A SMART goal is a specific, measurable, achievable, relevant and time-bound goal that a person can set for themselves.

WHAT IS YOUR SMART GOAL? _____

Considering Your Sets

Consider how the 4 different kinds of sets (mindset, skillset, toolset, and your set of people) can help you achieve your SMART goal.



MINDSET How you perceive the world around you.



SKILLSET Your capabilities based on previous knowledge/experience.



TOOLSET The physical tools and methods you use to do tasks.



SET OF PEOPLE Who you can go to for support/encouragement.