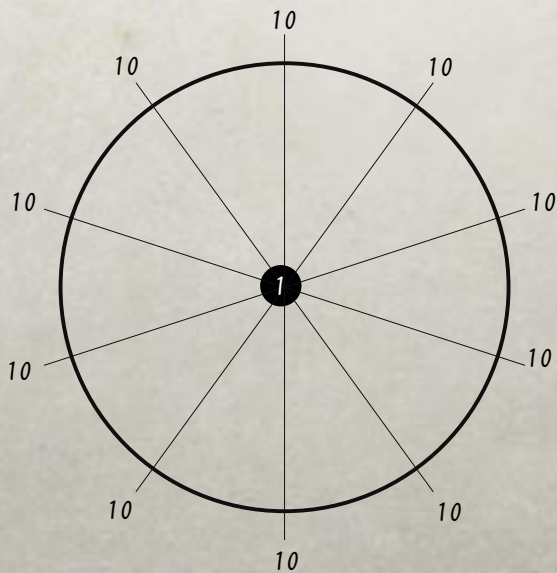
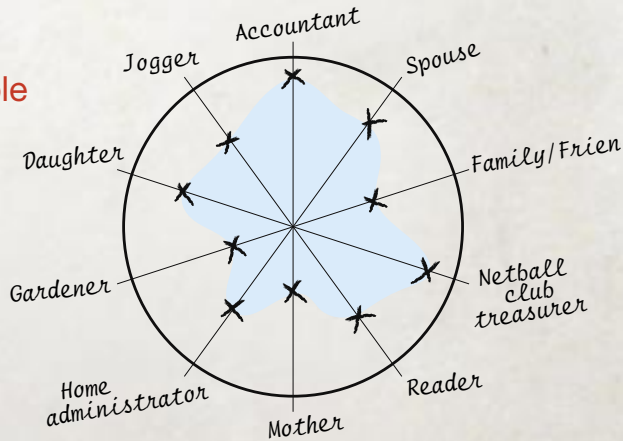


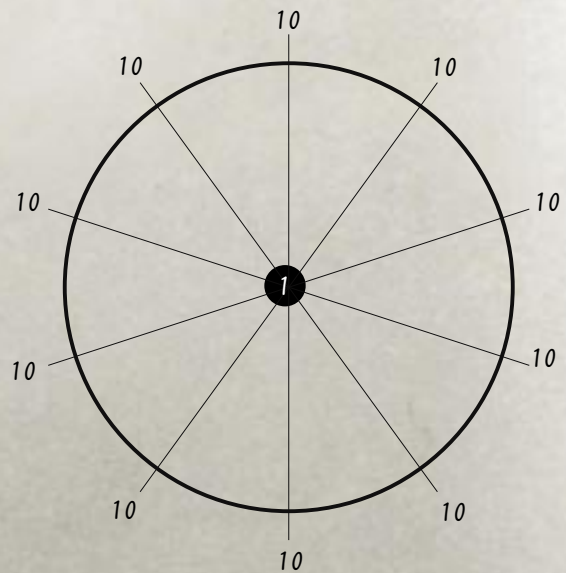
Planning your goals

Goal	Creating a SMART goal
1.	My goal is to:
2.	
3.	
4.	
5.	It is:
6.	Specific
7.	Measurable
8.	Achievable
9.	Realistic
10.	Timeframe

Defining your roles -
Sally's example



Defining your roles – now



Defining your roles – in five years' time