

MODULE 7

SELF-MANAGEMENT

A Sense of Purpose: Part One

Goalsetting

Benefits of Goal Setting

Higher levels of:

Achievement

Self confidence

Performance

Personal motivation

More fulfilling life

Creates a can do attitude

Happiness throughout life

Personal satisfaction with work

How to Set Goals

Make a list of the goals you would like to accomplish.

Five Principles of Goal Setting



Goal setting must be:

Specific

Measurable

Attainable

Relevant

Timebound

Evaluated and Reviewed

SMARTER