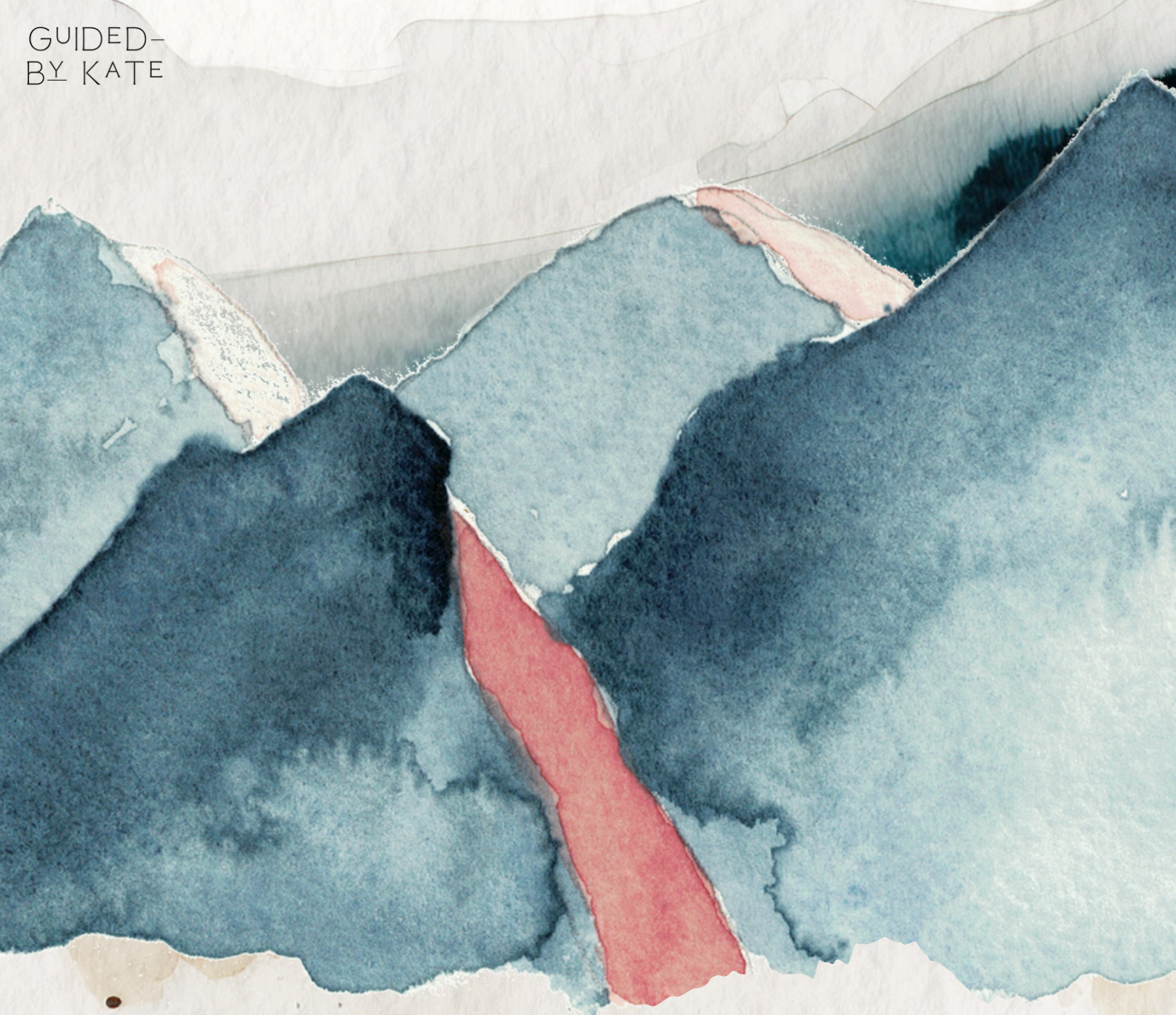


GUIDED-
BY KATE



MAP OUT YOUR ADVENTURE

BREAK DOWN YOUR GOALS INTO ACHIEVABLE STEPS

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GOAL SETTING IS THE BACKBONE OF ANY SUCCESSFUL ADVENTURE. WITHOUT CLEAR GOALS, YOU'LL FIND IT CHALLENGING TO MEASURE PROGRESS OR STAY MOTIVATED. SMART GOALS ARE SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, AND TIME-BOUND.

SPECIFIC GOALS ARE CRYSTAL CLEAR AND LEAVE NO ROOM FOR AMBIGUITY.

MEASURABLE GOALS ALLOW YOU TO TRACK YOUR PROGRESS OBJECTIVELY.

ACHIEVABLE GOALS ARE REALISTIC GIVEN YOUR RESOURCES AND CONSTRAINTS.

RELEVANT GOALS ARE ALIGNED WITH YOUR BROADER MISSION AND PURPOSE.

TIME-BOUND GOALS HAVE A SET DEADLINE.

BY SETTING SMART GOALS, YOU TURN ABSTRACT ASPIRATIONS INTO CONCRETE PLANS. YOU'LL KNOW EXACTLY WHAT YOU'RE WORKING TOWARDS AND WHEN YOU INTEND TO ACHIEVE IT. THIS CLARITY CAN HELP YOU STAY ON TRACK AND ADAPT YOUR STRATEGIES AS NEEDED.



SMART GOALS MAPPING

CONCRETE GOALS ARE YOUR ADVENTURE MILESTONES.
LET'S SET GOALS THAT ARE SMART:

S

SPECIFIC: BE CLEAR AND CONCISE.

M

MEASURABLE: HOW WILL YOU TRACK PROGRESS?

A

ACHIEVABLE: KEEP MOTIVATED BY ACTIONING SMALL STEPS

R

RELEVANT: HOW IS IT ALIGNED WITH YOUR LARGER
ADVENTURE VISION?

T

TIME-BOUND: SET A REALISTIC TIMEFRAME

PLAN YOUR GOALS WITH AN OPEN MIND,
REMEMBERING THAT THEY ARE FLUID AND
CAN ADAPT TO YOUR JOURNEY'S NEEDS.

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GET CREATIVE

DRAW A MIND MAP OF ALL THE WORDS, IMAGES, FEELINGS AND IDEAS THAT COME TO MIND WHEN YOU THINK OF YOUR GOAL

