

## DEFINE YOUR GOALS

1. To start, write down one short-, medium- and long-term goal in the space below. Be sure they're SMART (specific, measurable, achievable, results-based and timed).
2. Review your long-term goal. Are there things you can do now to help move yourself closer to your goal? If so, add them to your short- or medium-term goals. For instance, if your long-term goal is a financially secure retirement, a short-term goal might be to open an IRA or contribute more to your 401(k).
3. Once you've listed your goals, consider if they support your values. If not, revisit what is important for you and revise your goals as needed.

### Short-term goals

Goals you want to achieve within three years:

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### Medium-term goals

Goals you want to achieve within four to seven years:

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### Long-term goals

Goals you want to achieve that will take eight or more years:

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