

Goal Setting Useful Websites:

Information

Interested in finding out more about the importance and benefits of setting goals? The following links might prove useful:

<http://www.mindtools.com/page6.html>

<http://www.wikihow.com/Set-Goals>

<http://michaelhyatt.com/goal-setting.html>

Research

Statistical data demonstrating positive effects of setting goals:

<http://cdn.sidsavara.com/wp-content/uploads/2008/09/researchsummary2.pdf>

Activities

The following websites may be helpful in setting and achieving your own SMART goals:

<http://www.thinkyourmoney.com/goal-setting-worksheet.html>

<https://docs.google.com/viewer?url=http://worksheetplace.com/mf/goali.pdf&embedded=false&chrome=false&dov=1>

http://searchpp.com/smart-goal-setting-worksheet/sustainca.org*sites*default*files*u35*green_tenant_guide*smart_goal_setting_worksheet.jpg/