Personal Growth

Capture your learning, inspirations, and creations with our **Spend Life Wisely Journal and Pen gift** in the kit.



Here's some inspiration for writing goals and a reading list that gives you an idea for concepts that we embrace.

Tips for Setting Goals

- Make sure they are **"SMART"**.
  - **Specific** - state what you will do and use action words, think "who, what, why, where, and which".
  - **Measurable** - use metrics or targets to track progress.
  - **Achievable** - challenge yourself and be ambitious, but make sure your goals are within scope and possible to accomplish/ attain.
  - **Relevant** - does it make sense right now, align with your values, or improve your life? Is it a priority focus for you?
  - **Time-based** - state when you will get it done, be specific on your date/time frame.
- Write them down.
- Identify any problems or roadblocks that will hurt or hinder your success.
- List reasons you want to achieve these goals as a reminder of your "why." Think about how will it improve your life.
- Ask for support / accountability.
- Stay positive!
- Develop systems & habits to help you achieve your goals.
- Set micro-goals or detailed action steps to take along the way.
- Set review periods to check your progress.
- Reward yourself!

Look on the next page for some of our favorite reading selections!