

# Goals

## Long-term

### Goal

These do not necessarily have to be work-orientated

1

2

3

4

5

6

### Date

When you mean to achieve goal

**Self assessment** – Check that you can apply the following criteria to each of your goals

Specific	Have I been specific enough?
Challenging	Will they stretch my skills?
Realistic	Can I realistically achieve them?
Actionable	Can I do something proactive about them?
Measurable	Can I check my progress?