

superlife setting SMART goals''

Reflect upon your vision for the future and then ask...

**WHAT WOULD I BE DOING IN 6 MONTHS' TIME IF I'M HEADING
TOWARDS MY BEST POSSIBLE SELF?**

TO GET THERE, WHAT DO I NEED TO BE DOING IN 3 MONTHS' TIME?

**TO HEAD IN THE RIGHT DIRECTION, WHAT DO I NEED TO HAVE ACHIEVED
IN 1 MONTH TIME?**

**AND NOTABLY, TO GET STARTED, WHAT DO I NEED TO COMPLETE
BY THE END OF THIS WEEK?**