

[Setting Expectations \(Goals\)](#)

Module 1: How to start the Goal Setting process.

Module 2: How to set a 10-20-year plan consisting of smaller goals that will help you achieve your lifetime goals.

Module 3: How to set a 5-year, 1-year, 6-month, and 1-month plan to achieve the smaller goals.

Module 4: How to easily incorporate your goals into your daily activities.

Module 5: How to make your goals positive and inspirational.

Module 6: How to be clear and precise about what you want to achieve.

Module 7: How to create SMART goals.

Module 8: Goal-setting metrics that will keep you focused when motivation is low.