

**Week 1**

**Where are we now? Where do we want to be?**

**Setting SMART(ER) Goals**

<b>Specific</b>	
<b>Measurable</b>	
<b>Appealing</b>	
<b>Realistic</b>	
<b>Time Focussed</b>	
<b>Evaluate</b>	
<b>Review</b>	