

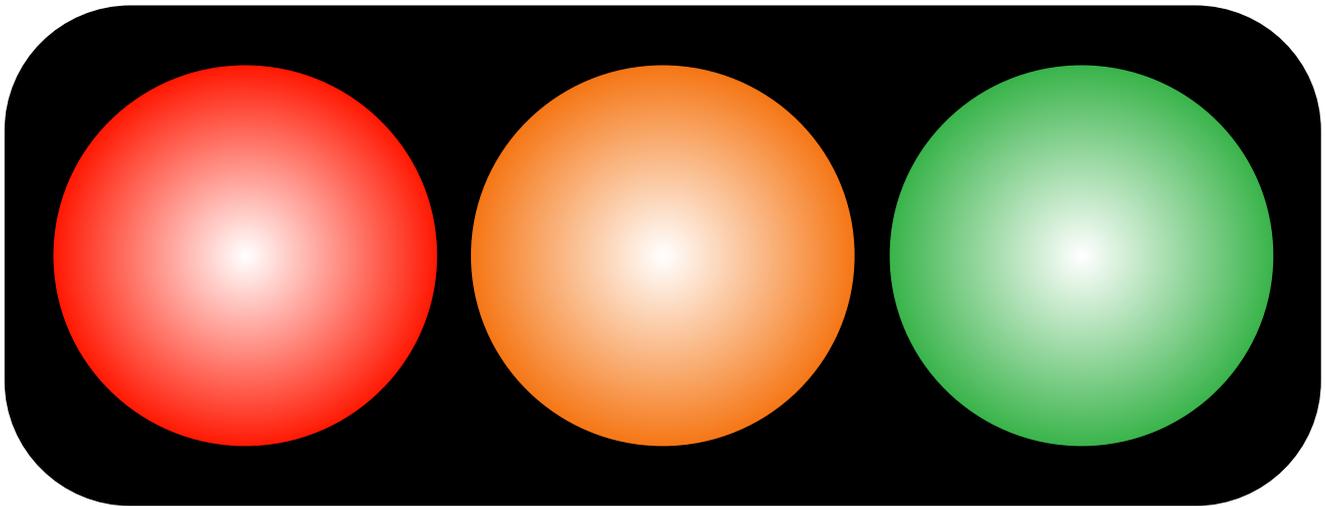
Goal Setting - Traffic Light Targets

Set yourself a personal goal and start to work on one of the things from your list. Once you have successfully managed this, you will move your goals into different categories based on priority and difficulty.

It isn't always possible to achieve everything on the list but any movement will be positive.

Use smart objectives to ensure the tasks you are setting are realistic/ possible.

Write down a list of all the things you'd like to change in your life.



<p>Pick three things from your list that are high priority and that you want to work on immediately. These are your red traffic light behaviours/habits/targets.</p>	<p>Look at everything that is left on your list and put a few left on the list into your next category. These are orange, as they are all the things you want to work on but that aren't urgent.</p>	<p>Place the final items on your list in the green category. These are in the green category and will be all the things that could make your life better but are currently unachievable.</p>