Questions to Ponder, to help prioritize your values, interests, and next steps in your advocacy journey.

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| What is going great in your life today? |
| What are 3 characteristics you admire / respect most in yourself or others? |
| What would you say have been your three greatest accomplishments in your life to date? |
| What is the hardest thing you have ever had to overcome? |
| What major transitions have you had in the past two years? |
| What are the three biggest changes you want to make in your life over the next three years? |
| What are the top 3 goals that you must achieve in the next year? |
| Why is it a MUST for you to meet these top 3 goals? |
| What is holding you back from achieving those goals? |
| What are your ideas for breaking through those things that may be holding you back from achieving those goals? |
| What would you like to contribute to the world? |

Advocacy and Goals

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| --- | --- | --- |
| 1 | Advocacy Goal |  |
| 2 | Professional Goal |  |
| 3 | Personal Goal |  |
| 4 | Fun Goal |  |

What is the first step or steps you can take in these next 30 days that will propel you towards your goals?

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| --- | --- |
| Goal 1 |  |
| Goal 2 |  |
| Goal 3 |  |
| Goal 4 |  |

How could an accountability partner, mentor, or group support you in achieving your goals? Who may you consider?

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| --- | --- |
| Goal 1 |  |
| Goal 2 |  |
| Goal 3 |  |
| Goal 4 |  |

Goal 1

|  |  |
| --- | --- |
| S  Specific Goal |  |
| M  Measure |  |
| A  My Steps |  |
| R  My Why |  |
| T  Progress Check In & Time |  |

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| Potential Obstacles | Potential Solutions |
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| How I will feel when I reach my goal | How I will reward myself along the way |
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Goal 2

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| --- | --- |
| S  Specific Goal |  |
| M  Measure |  |
| A  My Steps |  |
| R  My Why |  |
| T  Progress Check In & Time |  |

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| Potential Obstacles | Potential Solutions |
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| How I will feel when I reach my goal | How I will reward myself along the way |
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Goal 3

|  |  |
| --- | --- |
| S  Specific Goal |  |
| M  Measure |  |
| A  My Steps |  |
| R  My Why |  |
| T  Progress Check In & Time |  |

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| Potential Obstacles | Potential Solutions |
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| How I will feel when I reach my goal | How I will reward myself along the way |
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Goal 4

|  |  |
| --- | --- |
| S  Specific Goal |  |
| M  Measure |  |
| A  My Steps |  |
| R  My Why |  |
| T  Progress Check In & Time |  |

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| --- | --- |
| Potential Obstacles | Potential Solutions |
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| --- | --- |
| How I will feel when I reach my goal | How I will reward myself along the way |
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