

01 January 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



EFR EMPLOYEE & FAMILY RESOURCES

Goal Get It!

Setting smaller goals can lead to big changes. Kick off 2025 by identifying one personal and one professional goal using the S.M.A.R.T. guidelines below:

- S Specific** – Be specific about what you want to achieve
- M Measurable** – Make sure you can measure your progress
- A Achievable** – Reflect on how likely you are to accomplish this goal
- R Relevant** – Explore if this goal aligns with other parts of your life and values
- T Time-Bound** – Set a timeline for when you would like to achieve your goal

Personal Goal:

Professional Goal:



**Need help
setting goals?**

**Sign up for Life
Coaching at EFR!**

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scan below for more info!

