

GOAL SETTING & TRACKING



What?

Setting and monitoring progress towards specific objectives with the assistance of ChatGPT.



Why?

It helps keep you focused, motivated, and increases your likelihood of achieving your goals.



When?

At the beginning of any new project, personal or professional development plan, or when aiming to improve performance.



How?

Ask ChatGPT to help you set SMART goals and develop a detailed plan to achieve them.