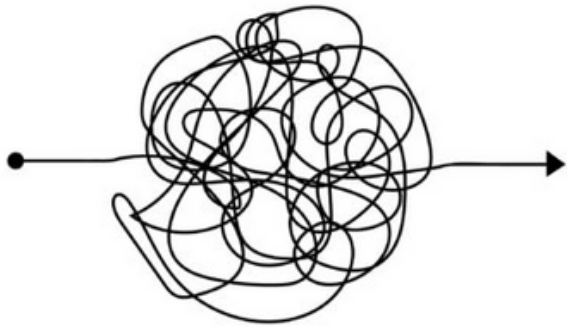


What we know about **Goal Setting**



What life without
goals can look like



What life with
goals looks like



But, how do **Goals simplify Life?**

Consider that you were going for a trek.
**You would decide your summit
and chart a path to reach it.**



This will allow you to:

- Prepare for the environment and skills required
- Plan a skill development regime
- Collect resources needed
- Map out areas for rest
- Identify alternate routes and safety measures
- Reach out to people who can guide you

Each Summit = Life goal, short-term or long-term

Trek path/ Climb = Roadmap

Trek Prep = Readiness, awareness, and confidence



Why does Goal Setting work?

- Goal setting is a powerful process for thinking about your ideal future (what you can control).
- It motivates you to turn your vision of this future into reality, proactively.
- You can measure and take pride in their achievement.
- You will experience forward progress versus what felt like a pointless effort or directionless grind.
- It will boost your confidence and belief, as you can see evidence of your ability and competence.
- Clear goals and path also help you enjoy downtime more.



**Are you ready
to sit in the driver's
seat of your life?**

**If yes, stay tuned to learn
more this week.**

