

REVERSE GOAL SETTING:

Goal 1:

Goal 2:

Goal 3:

Goal 4:

REVERSE GOAL SETTING:

Simple Steps:

- Reverse goal setting is an activity where you begin with a large objective or goal and gradually scale it down.
- First, determine the overall vision and expected outcomes for each goal.
- Then identify the milestones needed to be accomplished to reach the finish line.
- Break each milestone down into bite-size chunks or actions.
- Finally complete each action and adjust accordingly as you work through each milestone.
- Consider what succeeding would mean and/or look like.