

Reach your Goals in 8!

With a few simple steps, you can get to your goal faster!



01	What REALLY makes YOU excited?	» List the things you love to do. Hobbies, sports, skills, things you're naturally great at!
02	Pick your Goal Buddy	» Choose someone you trust (21 or older), who will help you reach your goals. Mom, Dad, Sibling, Aunt, Uncle, Coach, Mentor, Friend ...!
03	Dream BIG!	Set goals that bring you closer to your greatest dreams in life. » What are YOUR dreams?
04	Make TIME for it	» Schedule your goal, just like you book other important things.
05	You're in CONTROL!	Things don't always go as planned, so have a plan B! Think about the last time you felt proud... » What did you do? Try that again!
06	Set CLEAR Goals	Be really clear about each goal. What is it? When will it happen? How will you know you've achieved it? » Watch the CU-SMART Goal video to learn more.
07	WHY is your Goal Important?	Imagine what will happen when you achieve your goal. » Why is this so important for you?
08	Reward yourself!	When you achieve your goals, do something special. Be proud and enjoy each step you take to get there. » How would you reward yourself today?

Dreaming about the future is important. And so is making a plan to get there! What do YOU want to achieve?