

# Uncovering Goals

*Any road will take you there if you don't know where you're going.*  
Below are questions and exercises to help explore what is important to you, and create the ride road..

1. When you think about your future, what is different from where you are right now?

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2. When you think about your future, what is consistent or the same as where you are right now?

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3. List your personal values. What do you care about? What is important to you?

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4. Describe a project that excites you or makes you curious.

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5. Is there an opportunity for you to do more of this work? If so, how?

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6. Now let's get specific. List 3 goals for yourself with the following criteria: specific (include as many details as possible), measurable (how will you track progress?), and time-bound (when do you want to get there)

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Additional Reflections/Notes (here we recommend assigning yourself an accountability partner):

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**Want to chat about a plan towards your goals? Let's connect!**