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Beginner lessons for Long Term Goals

Master Your Future with Effective Long Term Goals!

DEFINITION

> Long term goals are significant achievements you aim to accomplish over an extended period. They provide direction and motivation for your life journey.

KEY CONCEPTS

SMART Goals

SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound, helping you create clear and reachable goals.

Vision Board

A visual representation of your goals that keeps you inspired and focused on what you want to achieve.

Milestones

These are smaller, manageable steps that lead you toward your long term goals, making them less overwhelming.

Accountability

Sharing your goals with others can help keep you motivated and responsible for your progress.

Regular Review

Consistently checking your progress allows you to adjust your plans and stay on track.

EXAMPLES

- → Complete a degree in five years.
- → Save $10,000 for a house in three years.
- → Run a marathon within the next year.

MEMORY TIPS

- ★ Use the acronym SMART to remember the goal-setting criteria.
- ★ Visualize your goals daily to reinforce your commitment.
- ★ Break down goals into smaller tasks to make them feel achievable.

COMMON MISTAKES

- ✗ Setting vague or unrealistic goals.
- ✗ Neglecting to track progress regularly.
- ✗ Failing to adjust goals when circumstances change.

QUICK RECAP

Long term goals guide your future and require careful planning. Use SMART criteria, create milestones, and regularly review your progress to stay on track.