

NAVIGATING CHALLENGES

In your words, explain the challenge you are facing:

What factors may be influencing this challenge?

Why might addressing this challenge be beneficial for you? How can improvement in this area benefit you in the long term?

How do you plan to face this challenge? What specific steps can you take?

Write out your SMART goal as it relates to the challenge you are facing:

How is your goal...
Specific?

Measurable?

Achievable?

Relevant?

Time-bound?