### NAVIGATING CHALLENGES

**In your words, explain the challenge you are facing:**

<table>
<thead>
<tr>
<th>What factors may be influencing this challenge?</th>
</tr>
</thead>
<tbody>
<tr>
<td>How might addressing this challenge be beneficial for you? How can improvement in this area benefit you in the long term?</td>
</tr>
</tbody>
</table>

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

- **Specific?**
- **Measurable?**
- **Achievable?**
- **Relevant?**
- **Time-bound?**

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