

ECHO – Every Choice Has Opportunity

Setting Goals

Building Your Future, One Step at a Time

This Week's Action → Short-term Goals → Long-term Achievement

Make Your Goals SMART:

- **Specific** - Be clear and detailed
- **Measurable** - Track your progress
- **Achievable** - Challenging but possible
- **Relevant** - Meaningful to you
- **Time-bound** - Set a deadline

Your worth isn't based on achieving goals. Goals help you grow and move forward.



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Problem Solving

POWER Method

5 Steps to Solve Any Problem

Problem

Define the issue clearly

Options

Brainstorm solutions

Weigh

Pros & cons of each

Execute

Choose & take action

Review

**Did it work?
What can you adjust?**

Remember: Every problem has a solution. Take it one step at a time.