

# Long-term Goals

- ❑ Long term goals are futuristic in nature. It may feel like walking into a room with no lights that requires time for your eyes to adjust.
- ❑ Long range vision improves with practice.
- ❑ Saving money to buy a home, complete a degree vocational certification or committing to a relationship are long term goals.
- ❑ The goal is usually accomplished over a period of several years and based on need or urgency.



## Practice

**Write a Long-term Goals**

Specific
Measurable
Attainable
Realistic
Time-bound

**Long Term Goal**



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Practice: Write a Long- term Goals

