

# 9 Steps to Effective Goal Setting



Believe in the process



Make a timeline - and stick to it!



Write it down



Remain accountable



Set goals that are specific



Don't be afraid to ask for help



Set measurable goals



Assess your progress



Set attainable goals



The College for  
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# Nysut Goal Setting Guide

**Joacim Rocklöv**



## **Nysut Goal Setting Guide:**

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