

Epictetus

any person capable of angering you becomes your master; they can anger you only when you permit yourself to be disturbed by them

set goals for yourself

It's good to set goals for yourself.

Why not set yourself some short, medium and long-term goals here.

Remember to set **SMART** goals, i.e. **Specific, Measurable, Achievable, Realistic** and **Timebound**, as this makes it more likely that you will achieve them.

Where our attention goes our energy flows. Pay attention to realising your goals and focusing on how you would like your life to be.



Short-Term Goal:

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Medium-Term Goal:

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Long-Term Goal:

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R

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